

PIMA COUNTY, ARIZONA
ANNUAL REPORT

RUTH LINNER
HOME DEMONSTRATION AGENT

December 1, 1953
to
November 30, 1954

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ORGANIZATION AND PLANNING

Council Meetings

Homemakers in Pima County participated in four county wide activities during the year. The group making plans and preparations for these meetings is composed of the presidents from the organized clubs and the County Council officers. One of the main accomplishments of the clubs and county officers this year has been their assuming full responsibility for the office to which they were elected. By assuming their responsibilities they are more enthusiastic homemakers.

The first meeting took place in January and a brief resume is enclosed in Miss Madeline Barley's annual report.

One of the nicest county events was the Scholarship Tea held during National Home Demonstration Week. Miss Katherine Preutz, senior speech student at the University of Arizona, highlighted our program with a very excellent reading "No Life for a Lady" by Agnes Moreley Cleveland. A group of homemakers presented an original musical skit which created a very jovial atmosphere for the climax of the program.

It was voted to give a second \$75.00 scholarship to some deserving 4-H Club girl who would major in Home Economics at the University of Arizona this fall.

The fall council meeting was primarily devoted to discussing and planning the 1955 program. Twelve of the 13 clubs in the county were represented by 65 women. To put us in the proper frame of mind for our discussion groups, Miss Jean Stewart presented a flannelgraph talk on "The Family Cycle". The women were made more conscious of varying needs of the family in different stages of development and they selected the lessons for the coming year with this in mind.

In an attempt to get the women to discuss their needs and problems in the four major fields, four discussion groups were used. The discussion leader and secretary in each group were homemakers - the agent and state leader participated only when some point needed to be clarified or to redirect their thinking if they strayed too far from their specific field.

Voting upon the recommendations from each of the four

ORGANIZATION AND PLANNING (continued)

Council Meetings (continued)

major field discussion groups was done by a voting delegate from each club. This method of handling the mechanics of the voting seemed to be well received by the women. The meeting achieved its purpose of determining the problems of the majority of homemakers and then arrived at a series of lessons to help the women solve their problems.

Several new clubs plan to secure leaders from older clubs during the coming year to present extension lessons which have been given in the past few years and which will help solve the problems of their members.

The following projects were selected for 1955:

Foods and Nutrition	Outdoor Cookery Economical Entertaining with Ease
Clothing	Childrens Clothing
Home Management	General Spot Removing Make up and Use of Budget
Health	Foot Care First Aid

Included in this report is a copy of the letter sent to all members of Homemakers Clubs before the program planning meeting.

A County Achievement Day was held in November for the express purpose of seeing what the homemakers in the county had accomplished as a result of the extension program as well as other activities participated in by the individual clubs. Each club arranged an exhibit of the articles made by their members during the past year. One hundred and twenty-seven women had articles on exhibit.

An interesting historical pageant "Famous Women in Arizona" was presented by the Sagebrush Homemakers.

Twelve clubs were awarded certificates of achievement for meeting the county requirements.

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
State of Arizona
106 North Court Street
Tucson

University of Arizona
College of Agriculture
U. S. Department of Agriculture
And Pima County Cooperating

Agricultural Extension Service
Home Demonstration Work
County Agent Work

August 15, 1954

PROGRAM PLANNING - - - 1955

Mountain View

Presbyterian Church

3809 E. 3rd St.

10 A.M. - 3 P.M. Sack Lunch

Dear Homemaker:

Once again it is time for us to collect our thoughts, ideas and plans as September 24 is the date of our 1955 Program Planning session. If you have a little system of jotting down notes to yourself, I'm sure you'll find some tucked away in that bottom drawer concerning what you would like to have included in the Extension program for the coming year. I'm sure that many times during the past year you have made the comment "I wish we could study such and such at our homemakers club". Now is the time to voice your ideas at your local club meeting in September. Time will be allotted for a club discussion so that the voting representatives from your club will try to get your club wishes incorporated in the county program on the 24th. If you can't attend your club's meeting, send along your suggestions with a friend.

Frequently the comment "Oh, we've had that before" is made when a broad field of study is mentioned. If you just stop to think almost any project covered in the past year would lend itself to continued study as none of the subjects have been exhausted. In our meetings let's really try to discover what the most prevalent

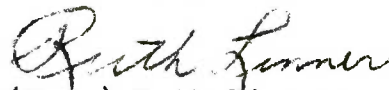
problems among our members really are. The Extension program is primarily for education purposes.

A program planning session to be successful must set aside individual desires and think in terms of the club's desires. It is all too frequently found that those who shout the loudest and longest get what they want without consideration of the other members. Also, please keep in mind all age groups so that everyone finds the program interesting and helps meet their needs.

On the following pages you will find some thought provoking ideas which are only to help stimulate your own. It will be helpful to bring this letter to the meeting on the 24th supplemented with your club's ideas.

Our county program planning meeting will be held September 24 at Mountain View Presbyterian Church, 3809 E. 3rd St., 10:00 A.M. to 3:00 P.M. Everyone is welcome to this meeting. Bring your own sack lunch and a beverage will be furnished.

Sincerely yours,

A handwritten signature in cursive script, appearing to read "Ruth Linner".

(Mrs.) Ruth Linner
Home Demonstration Agent

RL:ba
cc: 306

Review of Projects Carried During Past Three Years.

1952

Ironing a shirt	Preparing food for the freezer
Care of blankets	Tailoring coats and suits
Making slacks	Eating for health
Making slipcovers	Holiday treats from the kitchen
Good grooming	

1953

Pressure saucepans	Preparing food for the freezer
Meat cookery	Hard jobs made easier
Short cuts in clothing	Mending
A phase of money management	
Insurance	

1954

New fabrics
Costume accessories
Egg and cheese cookery
Sewing machine clinic
Accessories for the home (September)
Electricity (October)
Preparing poultry (November)
Heart program - Help Yourself to Easier Housework

Subjects which rated high at the last program planning meeting.

Foods and Nutrition

Home nursing - special interest
Bread and rolls - fancy, nutritionally better breads
Packing lunches

Home Management

Furniture repair and refinishing
Hate jobs - cleaning stoves, etc.
Selection of equipment

Clothing

Short cuts in sewing
Childrens clothing (all ages)
Refresher on pattern alterations and fitting
Grooming
 Care of feet and shoe buying
 Posture foundations

Home Management - A Look Ahead

Forecasts indicate there may be a tightening of family funds. In the light of these comments there is little doubt that home furnishings and equipment will feel the squeeze.

Home furnishings are in abundant supply but careful selection is a paramount requirement. In the house furnishing-fabric field, the homemaker-buyer will be confronted with fabrics and finishes still in the experimental stage. Some will present problems of durability, cleanability, construction and care.

We have assumed, in the past few years, that homemakers have supplied themselves with adequate equipment but each year we find homemakers who are "getting by" with equipment that is not as efficient as it should be. These are not always the large investments either. This situation is partly due to the lack of knowledge in selection of proper equipment for the job.

Homemakers should recognize that they are in a favorable position on a buyer's market but the challenge is greater than ever to know quality in merchandise and to buy for basic values. The lower the income the greater the need to avoid "high style" items being pushed by high pressure salesmanship.

Some things to think about in this field:

Helping yourself to easier housework

1. Can you do something about the jobs you dislike around the house?
2. What is your greatest difficulty - Time? Strength? Equipment?
3. How about fatigue? Can you solve it?

Money

1. If money gets scarce this year, where is the best place for you to tighten up family spending?
2. What effect would this tightening have on:
 - a. Family attitudes
 - b. Doing your own housework
 - c. Entertaining
 - d. Saving for security
 - e. The part your family plays in the community

Home Furnishings

1. What needs attention in your house - Walls? Floors? Windows? Color? Lighting?

2. Whose house furnishing needs would have attention this year - Adults? Teenagers? Grandparents? Small children?
3. What family home crafts and skills could be used to improve the house?
4. Do you find the new house furnishings, fabrics and surfaces a buymanship problem?

Clothing Trends

To be well dressed does not call for great expenditure of money or an unlimited clothing budget. It merely means that you have developed skills in selecting best designs, colors and fabrics and accessories to go with these garments. It is the responsibility of most homemakers to not only make such selections for self, but for the many members of the family and husband.

The price of clothing has gone down somewhat, and due to the competitive market, much better values are seen in the same price lines. It takes the knowledge of good buymanship to make the most of this opportunity.

Construction of clothing will remain important to homemakers but there are some items that can be purchased inexpensively. Other things can be made more economically. Every family considers grooming high on their list of important things.

What would you like included in the clothing program for 1955?

Buymanship

1. Do you have clothing in your closet that you don't like or hate to wear? Why do you have it?
2. Do you know when a "bargain is a bargain"?
3. Do you depend on a clerk for assistance in selection of best color and design for yourself?
4. Do you get your money's worth when purchasing children's clothes?
5. Do you seem to never have the right clothes for the right place? Do you plan your wardrobe?

Construction

1. What is your problem in sewing for others?
2. What's your major difficulty when making your own clothes?
3. Can you do decorative detail finishes that give that expensive look to garments?

Health and Comfort

1. Do your feet hurt? Do you have difficulty in finding shoes for self and children?
2. Posture problems cause fitting problems and fatigue. Could you help your own posture?
3. Good grooming can be had for a little money and helps to make you well-dressed. Do you have best grooming habits?

Equipment

1. Do you know how to clean your sewing machine?
2. Do you dry clean safely at home?
3. Do you know how to press different kinds of fabric?
4. Do you have equipment and a place to sew?

Foods and Nutrition

Change in the cost of food is a matter of great concern to the homemaker. Twenty-seven cents out of every dollar of disposable income is spent for food. Families are eating better foods at home and are eating more restaurant meals than in the pre-war period.

People are eating more dairy products, eggs and processed fruits and vegetables and less cereal products and potatoes. Recent studies show shortages of milk for calcium; of vitamin C rich foods as tomatoes, citrus fruits and cabbage; of green and yellow vegetables for vitamin A. Women of child-bearing age and adolescent girls rate the poorest diets in the United States.

Findings from a cross-section sampling survey conducted in seven counties of the State during 1950 show that out of 3303 school children examined more than 2400 or 72.7 per cent were found in need of a trip to the dentist.

Planning a Program for Better Food and Nutrition in 1955

1. Do you use your broiler frequently?
2. Do you have a problem getting enough milk into your families diet?
3. Are vegetables you serve lacking in eye appeal?
4. Do you get the most for your food dollar so far as nutrition is concerned?
5. Are school children getting balanced lunches?
6. Do the meals you plan include the basic seven? Are they well balanced? Are they economical?
7. Does entertaining with ease seem an impossibility to you?
8. Does your family request many outdoor meals?
9. Do all homemakers in your community buy only enriched flour and bread products or products made only with 100% whole wheat.

ORGANIZATION AND PLANNING (Continued)

New Extension Clubs

Five new homemakers clubs were organized during the year. The first club was organized in February with the nucleus of the group stemming from a church Young Married's Group. Seven young women, all under 25, attended the first meeting. The club enrollment now is approximately 20. The request for this club came from the daughter of the County Council president, who had been attending her mother's club.

These young women have a number of problems characteristic to their age group which the older members of the already established clubs do not have -- namely:

1. Small youngsters in the home which creates a baby sitting problem during club meetings.
2. Because of the small children the women are vitally interested in problems dealing with the young child.
3. Most of the women are comparatively new homemakers and they are wanting to learn about various home-making subjects which have already been in the program of our already established clubs.

At least to begin with, the group felt that they wanted to hold evening meetings so that their husbands could baby sit.

To date this club has held 12 meetings, excluding the organization meeting. Most other clubs have held 6 during this period. Five of the twelve meetings have been conducted by project leaders from various clubs in the county.

In June a request came from Mission Manor for a second club in that community. Homes are small and will not accommodate more than 16 to 20 women. These young homemakers have named their club "Belles of The Mission". All members live within 5 blocks of each other. The membership of this club is made up of young homemakers under 30 with small children who are interested in learning more about good homemaking practices. They are eager for information.

At the present time they have 16 members. So far they have actively participated in all events sponsored by Homemakers.

Ruth Linner
Pima County
Arizona
1954

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ORGANIZATION AND PLANNING (continued)

New Extension Clubs (continued)

A third club has sprung up in the Mission Manor community during the month of November, due to the enthusiasm shown by the other two club's members. The agent has not met with the group but will do so in January. Miss Mead's report will give more information regarding this club called "Manorettes".

In October the fourth group of women requesting an extension club live in the Pima Verde area northeast of Tucson. None of the women have ever belonged to a Homemakers Extension Club prior to this time. The income for these families is earned in Tucson. Many of the women have no children or they have children up to 7 years of age. Baby sitting will be somewhat of a problem but the women realize that the young homemakers with small children would benefit from their club. At the present time all of the women live on two streets in this neighborhood. Their enrollment is approximately 18.

The last request came from Ajo from Mrs. Virginia Wade, a former homemaker in Maricopa County. Thirteen women attended the organization meeting. One lady belonged to homemakers in Colorado and one was the mother of a very good 4-H member belonging to the Wrightstown Busy Bees last year. The major problem facing this club is their distance from Tucson. Ajo is a copper mining town 133 miles southwest of Tucson. The Papago Indian Reservation lies between Ajo and Tucson. One homemaker was especially willing to drive her car to bring leaders to the training meetings in Tucson. They did attend the poultry cookery leader training meeting. Ultimately, the women would like to see enough clubs organized in that corner of the county so that a leader training meeting could be held in Ajo each month. That is in the future and will be faced when the time comes. The original group was composed of 2 home economics graduates and three nurses. There may be other former professional people. The women at the present time are most enthusiastic and are making plans to interest other women in their community to become members.

Approximately 50 percent of the Pima County Homemakers have a history of belonging to Farm Bureau extension clubs in other states.

ORGANIZATION AND PLANNING (continued)

Situation

All clubs in the county are urban. Approximate county membership is 387. There is a great need to reach people in the more rural communities, especially Marana, Sahuarita and Avra Valley. With the promise of assistance from the County Agent in developing contacts in these areas, we are placing this project high among the goals to be achieved in the county in 1955.

With the addition of more clubs in the Extension program, it will become necessary in the near future to hold two leader training meetings in different parts of the county for each major project lesson.

The increase in number of clubs from 11 to 16 indicates the trend of more women in the county seeking homemaking information from the County Extension Office.

Ruth Linner
Pima County
Arizona
1954

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HOUSE AND FURNISHINGS

Accessories for the Home

The agent presented this lesson to 13 homemaker clubs and 3 outside clubs. The meetings were begun by a general discussion of accessories. For the purpose of this lesson accessories were defined as the extra items added to a room to give it individuality and personality. Some of the things which can be used as accessories are pictures, lamps, art objects, vases, pillows, books, book ends, ash trays, flower arrangements, brick-a-brack and clocks. The older women in particular thought perhaps tables, draperies and floor coverings should be included with accessories. For this lesson, they were considered basic furnishings. All accessories for the home should add beauty to the home and be useful at some time.

The five basic art principles were reviewed. Proportion was described as the relationship of one article to another and the relationship of an article to the space it fills

Balance was best pointed out by using the terms formal and informal.

A catch phrase "what goes with what" was used in explaining harmony.

To help bring into the lesson the southwestern influence the example of Mexican glassware was used to explain the rhythm principle.

Having a center of interest is a good way of showing emphasis in accessories.

By using magazine pictures to illustrate the principles it gave the women a chance to see practical applications as used in different type rooms. Also the pictures led to lively discussions and a chance to ask personal questions. It was an effective teaching method in the small groups.

During the discussion of principles many questions were answered regarding the selection and arrangement of accessories. At least 50% of the women used formal balance in their arrange-

HOUSE AND FURNISHINGS (continued)

Accessories for the Home (continued)

ments because they knew exactly what should be done. They lacked confidence in their ability to achieve informal balance. Particular emphasis was placed on the hanging of pictures. Rather than using the old principle of "eye level" a more specific approach was used. Think in terms of a unit. It should be placed low enough so that an article placed under or near it will come up to meet the picture. This will give a feeling of unity.

To help show the women how to eliminate clutter and confusion with their accessories, the agent used a shadow box loaded with small articles. By removing 2/3 of the articles and rearranging those that were left, order and beauty came out of clutter and chaos. The women participated in this demonstration.

The interest shown towards this project was very good, probably because everyone wants their home to be an attractive place for their family and friends. Immediately following several meetings the women wanted specific information and help with their individual problems. In several instances the women only needed to be reassured that the contemplated change in accessories arrangement did follow the good principles of Art.

It is extremely difficult to secure tangible results in this type of lesson.

Homemakers made these remarks in reporting their accomplishments for the year:

"After hearing Ruth Linner went home and lowered 3 pictures and two wall decorations:"

Mrs. Jack Elliott
Cactus Wrens

"I enjoyed the lesson on accessories (personal) and the lesson on home accessories very much. In both lessons it pointed out to me just how important the accessories really are. I've become much more conscious when I make a purchase and have re-arranged

HOUSE AND FURNISHINGS (continued)

Accessories for the Home (continued)

several of my home accessories to show them to a better advantage and to cut down on the cluttered look."

Mrs. Joyce Eberhart
Belles of the Mission

Thirteen homemaker clubs and 3 other clubs in the county participated in this lesson with a total of 242 women attending.

Leaders reports give us the following results:

- | | |
|--|----|
| 1. No. of homemakers passing along some information learned at this lesson to friends and neighbors. | 57 |
| 2. No. of homemakers who re-arranged some accessories in their homes. | 63 |
| 3. How many conscientiously applied at least one of the art principles in their homes. | 60 |
| 4. How many rehung pictures. | 38 |
| 5. No. who have eliminated "clutter" in arrangement of accessories. | 78 |

The following is a comment on one leaders unsigned report:

"Some said it was all very good and they will observe the suggestions when they do further buying and cleaning house. Some, like myself, already do the best we can with our space and can't change much. In regard to family photographs, one member realized she has too many out; still has them that way and so keeps them so. I have tried to avoid that practice and from now on will positively observe the advice on it."

HOUSE AND FURNISHINGS (continued)

Slipcovers

Until August our office had received no requests from the LDS Relief Society for any part of our program. This request from one of the work chairman was for "Slipcovers". One day was spent with the owner of the chair, work chairman and one other lady in preparing the chair for the Relief Society meeting. Measurements were taken for all pieces needed to slipcover the chair, followed by cutting the blocks from the measurements. This pre-planning meeting was essential because the demonstration was scheduled for one-three hour session.

At the Relief Society meeting brief instructions were given for taking measurements and cutting the fabric ready for use. Then the women actually spent the time pinning the various pieces into place with frequent demonstrations from the agent on how to solve the problems as they arose. At the end of the second day the slipcover had been pinned and slip-stitched together with the exception of the front blocks on the arms and the back of the chair.

It was quite evident that the owner of the chair had very low standards and was willing to settle for less than a neatly finished slipcover. Much to the agents delight, the other women working on the chair would suggest that they do the pinning or slip-stitching over again when need be. She was willing to listen to their suggestions and took their advice without offense.

The third day saw the chair completed. The work chairman and the owner felt that they would be able to give assistance to other members of their society who wanted to slipcover chairs. In fact, two more chairs are in the process of being covered at this time. The completed chair was neatly done and a great joy to the owner. She is now going to do some alterations on a ready made slipcover which covers her davenport and is very poor fitting. We made progress with this lesson.

Twenty-seven different women participated in this lesson.

FOOD PRESERVATION

Freezing Foods

There are few home vegetable gardens in Pima County as compared to the population. Fresh vegetables are with us the year round in Southern Arizona. This encourages homemakers to freeze fruits and vegetables at the height of production when prices are low. Broccoli, cauliflower, beans, green peppers, strawberries, peaches, apricots and citrus fruits are among those products frozen in quantity.

According to reports from homemakers, 4 times as much meat is packaged for freezing as any other single group of products. This is precipitated by the 3 locker plants in Tucson and many of the larger meat departments for they promote their services of cutting and wrapping large quantities of meat for the freezer.

The trend for keeping prepared foods in the freezer for quick and easy meals is gaining momentum. Homemakers are discovering that it saves time and energy to prepare large quantities of food which can be frozen for consumption at a later date. Five homemakers have reported that they spend one day each month preparing cooked foods for storage in their freezers.

Only one freezer demonstration was given in the county. The two main phases of freezing presented in the demonstration were:

1. Preparation of baked goods and prepared dishes.
2. Basic procedure for freezing fruits and vegetables.

The U.S.D.A. bulletins on freezing were used in the presentation of this demonstration. A freezing bulletin developed in the County Office is attached.

Homemakers reported the following quantities of foods frozen in 1954.

Meats	3,220 lbs.
Fruits	786 lbs.
Vegetables	484 lbs.
Prepared foods	686 items

Ruth Linner
Pima County
Arizona
1954

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FOOD PRESERVATION (continued)

Freezing Foods (continued)

Considerable canning is also done by homemakers in Pima County. Reports show the trend in canning and not total quantities canned.

Fruit	264 qts.
Vegetables	80 qts.
Jams and Jellies	500 jars

COOPERATIVE EXTENSION WORK
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FREEZING

Prepared by
Ruth Linner - Home Demonstration Agent

General Principles of Freezing

In freezing we are preserving foods by lowering the temperature of our foods to such a point that the growth of bacteria is greatly retarded.

Because our storage temperature is so low that the bacteria grow slowly, we do not need to sterilize either our foods or containers. However, we must use clean containers and clean food if we are to have acceptable frozen products.

We should always put crumpled moisture proof paper (cellophane) on top of our fruit we are freezing. This holds the fruit under the juice and keeps air from it. Air, when in contact with fruit, causes it to deteriorate. The most common deterioration is the fruits turning brown.

In freezing vegetables, the most important thing to remember is that all vegetables must be blanched if we are to have high quality frozen products. Blanching destroys or retards enzyme action in the vegetables. Enzyme action in unblanched vegetables causes them to lose flavor, color and desirable texture.

In freezing meats of all kinds our aim is to have a package as nearly air tight as possible. This will eliminate oxidation which is chief cause of meats turning rancid. We also want to eliminate "freezer burns" and using a moisture-vapor proof paper and an air tight wrap is our best remedy for "freezer burns".

Arizona Varieties for Freezing

Most varieties of fruits and vegetables which grow well in Arizona will prove satisfactory for freezing.

Your County Agent can tell you when the various fruits and vegetables will be at their prime in your County.

Your Home Demonstration Agent can tell you how to prepare these fruits and vegetables for freezing.

Vegetables

Asparagus - Mary Washington
Martha Washington

Beans - - Bush
Burpee's Stringless Green Pod
Tendergreen
Giant Stringless Green Pod

Pole
Kentucky Wonder

Lima
Baby Green Henderson
Fordhook

Beets - Detroit Dark Red
Crosby's Egyptian

Corn - Golden Cross Bantam
Ioana
Mexican June
Stowell's Evergreen

Egg Plant - Black Beauty

Peas - Thomas Laxton
Laxton's Progress
Dwarf Alderman
Stratagen

Spinach - Bloomsdale Long
Standing

Broccoli -	Italian Green Sprouting	Squash -	<u>Summer</u> Yellow Crookneck
Carrots -	Nantes Coreless		Early Prolific
	Red Cored Chantenay		Straight Neck
	Imperator		Zucchini
Cauliflower -	Early Snowball	Swiss Chard -	Lucullus Fordhook
Chili Pepper -	Anaheim Mexican	Turnip -	Purple Top Strapleaf Purple Top White Globe

Fruits

Apples - Any cooking variety	Apricots - Royal Moor Park
Berries - Any variety (See strawberries)	Citrus - Any variety and combination
Cantaloupe - Imperial 45 Arizona 13	Figs - Mission Kadota
Dates - Any variety	Grapes - Thompson Seedless
Peaches - Halehaven, Red Haven, N. Rhubarb - Any variety Mexico J. H. Hale Elberta, Golden Elberta Cling Early Elberta - Golden Globe	
Plums - Santa Rosa San Suma	Strawberries - Klondike Blakemore Missionary Ettersburg 80

Individual Meat Loaves With Barbeque Sauce

1 1/2 pounds chuck beef, ground	Mix beef, onion, green pepper,
2 tablespoons minced onion	bread crumbs, salt, egg, catsup,
1 1/2 tablespoons chopped green	horse-radish, mustard and milk
pepper	together; blend well. Shape
1 1/3 cups finely cubed soft bread	into 6 small loaves; place in
crumbs	greased 10 x 6 x 2-inch baking
1/2 teaspoon salt	dish. Bake in oven 350°F for 1
1 egg, slightly beaten	hour.
3 tablespoons catsup	
2 1/2 teaspoons prepared horseradish	
1/2 teaspoon dry mustard	
1/2 cup milk	Serve with BARBEQUE SAUCE

1 cup BARBEQUE SAUCE, heated

Makes 6 servings.

TO FREEZE: Bake as usual; cool. Wrap 6 loaves in moisture-vapor-proof material, using drugstore wrap. Label, place in food freezer and freeze.

TO THAW AND HEAT: Unwrap; place 6 unthawed meat loaves in 10 x 6 x 2-inch baking dish. Bake in oven 400°F. After 20 minutes, pour 1 BARBEQUE SAUCE over meat loaves; bake 10 minutes longer. Makes 6 servings.

Barbeque Sauce

2 1/4 cups tomato catsup	Combine all ingredients in sauce-
2 1/2 tablespoons Worcestershire	pan. Bring to boil on high heat.
sauce	Remove from heat and remove pieces
3/4 teaspoon cayenne pepper	of garlic.
3/4 teaspoons chili powder	
1/2 cup tarragon vinegar	Makes about 1 quart.
1 cup salt pork liquor*	
1 cup sugar	
6-8 cloves garlic, scored	
1 tablespoon minced onion	

NOTE: This sauce should be stored covered in the refrigerator until used. Sauce may be stored for two weeks.

*Salt pork liquor is made by boiling two strips ($1\frac{1}{2}$ x 5 x $\frac{1}{8}$ -inch) salt pork in $1\frac{1}{2}$ cups water for about 5 minutes. Drain off 1 cup liquor.

Stuffed Bell Peppers

1 lb. ground beef
1 cup cracker crumbs
 $\frac{1}{2}$ cup onion, chopped

1 egg, beaten
1 teaspoon salt
 $\frac{1}{8}$ teaspoon pepper
6-8 green peppers
1 cup tomato juice

Combine meat, cracker crumbs, onion, egg, salt and pepper. Mix well. Wash peppers, cut in halves lengthwise and remove seeds. Fill cavities with meat mixture. Package in moisture vapor proof paper. Freeze. To cook - place in pan, pour tomato juice over peppers and cook approximately one hour or until done.

Cream Puffs

$\frac{1}{2}$ cup water
 $\frac{1}{4}$ cup butter or margarine

$\frac{1}{2}$ cup sifted all-purpose flour
 $\frac{1}{8}$ teaspoon salt
2 eggs

Place water and butter in saucepan and heat to boiling on high. Add flour and salt. Switch burner to low. Cook and stir the batter until it leaves the sides of the pan and forms a ball. Remove from heat and beat in eggs, 1 at a time, until well-blended. Place spoonfuls of batter in 2-inch rounds on greased plate or cardboard covered with wax paper. Freeze. When cream puffs are frozen, drop into polyethylene freezer bag, seal and store in freezer. After baking fill with vanilla filling or ice cream and top with chocolate sauce. Yield - 6 large. Temperature: 400°F 45-50 minutes.

Hints on Freezing Pies

Fruit, chiffon, mince, and pumpkin pies freeze well. Do not freeze custard and cream pies as the filling will separate during freezing. Freezing tends to tenderize pie crust so it is better not to use a too rich pie crust recipe.

For a crisp bottom crust try brushing bottom crust with egg white, butter or dusting it with flour. Here is another good hint for keeping that bottom crust crisp:

Freeze pie in a thin aluminum pie plate in which you have punched several holes. This allows rapid heat penetration and gives a browner, more crisp bottom crust. Before cutting vents in top crust, bake pie 15 minutes near bottom of oven at 425°F. Then cut slits in top crust and finish baking.

Put meringue on one-crust pies at baking time - it will shrink and toughen if frozen. Seal pies in moisture-vapor proof paper. Pies may be stored frozen 2-6 months.

Hints on Freezing Cakes

Butter, chocolate, spice, fruit, and angel food cakes freeze well. However, spices get stronger in freezing, so cut the amount called for in the recipe about one-half. Better use real vanilla too, as imitation vanilla tends to give off unpleasant odors during freezing.

Baked cakes freeze more satisfactorily and are easier to handle than unbaked cakes.

If frosting cake, a butter and powder sugar or fudge frosting freezes better than a boiled egg white frosting. Put frosted cake in freezer until icing is hard, then wrap for storing.

Don't put filling in layer cake until serving time, or cake will become soggy. Cool cake completely before packaging it.

To serve, thaw cakes in their original wrappings 1 hour at room temperature; or 40 minutes before a fan; or 25 minutes in a warm oven, (250°F)

FROZEN LUNCHBOXES

Sandwich Do's and Don'ts

DO

1. Spread bread with soft butter.
2. Use a variety of breads and fillings; vary them from day to day.
3. Wrap in moisture vapor proof paper; heat seal each package of one or two sandwiches. Label clearly with name of filling, date.
4. Thaw sandwiches in original sealed wrappings; just remove from Freezer Chest, place in lunch box; they will be completely thawed by noon.

DON'T

1. Use fillings containing raw vegetables that will lose their crispness, color and flavor; (lettuce, carrots, celery, etc.)
2. Use mayonnaise or salad dressing as a spread for the bread. Freezing temperatures will cause them to separate and soak into the bread.
3. Use soft spreads such as jelly; they might soak into the bread, resulting in a soggy sandwich.
4. Use fillings containing the white of cooked eggs; they tend to become tough.

Fillings that Freeze Successfully

1. Cream honey or marmalade with peanut butter.
2. Mix ground left-over cooked meat with just enough mayonnaise to make it spread easily. Chopped pickle, stuffed olive or relish may be added.
3. Chop or grind slices of dried beef, mix with cream cheese, 1 teas. horseradish and a little pepper.
4. Grind $\frac{1}{2}$ lb. of American cheese; add 2 T. butter, 2 T thin cream, 3 T lemon juice, 1 t dry mustard and $\frac{1}{2}$ t salt. Mix well.
5. Mix 2 c ground cooked meat, $\frac{1}{2}$ c minced stuffed olives, 2 T parsley, 1 T Worcestershire sauce and $\frac{1}{3}$ c salad dressing.
6. Hard cooked egg yolks, ground cooked meat and pickle relish make a nice spread when mixed with a little soft butter.
7. Cream cheese may be mixed with chopped nuts, or honey and grated orange rind - 1 T each to a 3-ounce package of cream cheese. Finely chopped cooked chicken or ham may be used.

Desserts

1. Slices of baked, frosted cake wrapped individually and frozen.
2. Baked cookies frozen in individual serving packages.
3. Fruits frozen in individual serving size cartons.
4. Small pies or tarts frozen and wrapped individually.

Baked Alaska

1 sponge cake
(7 x 4 x 1-inch)

Place sponge cake on piece of cardboard or brown paper (9 x 6-inches)

1 pint firm ice cream, using flavor desired.

Working very quickly so that ice cream does not melt, remove ice cream with a spoon from container and place on cake to within $\frac{1}{2}$ inch of edge of cake, packing well to prevent air spaces. Place in food freezer and let stand until ice cream is very firm.*

3 egg whites
 $\frac{1}{8}$ teaspoon cream of tartar
Few grains salt
 $\frac{1}{3}$ cup sugar

Place egg whites, cream of tartar and salt in medium mixing bowl and heat until stiff. Gradually add sugar continuing to beat until meringue is stiff and glossy.

Remove cake from food freezer and completely cover both cake and ice cream with meringue, spreading to an even thickness with spatula.

Bake in oven 400°F for 6-8 minutes or until browned. Transfer to serving dish immediately and serve.

Makes 6 servings.

TO FREEZE AND SERVE: Place ice cream on cake and freeze until very firm. Wrap in moisture-vaporproof material. Label, place in food freezer. Just before serving cover with meringue and bake, according to directions in above recipe.

Baked Alaska Sundaes

- | | |
|--|--|
| 4 fresh or frozen round sponge shortcakes (2 3/4 inches in diameter) | Place shortcakes on piece of firm cardboard. Place 1 teaspoon nuts and 1 tablespoon chocolate sirup in hollow of each shortcake. Place 1 firmly packed scoop of ice cream on sirup in each shortcake, being sure ice cream is 1/2 inch away from edge of cake. Place in food freezer and leave until ice cream is very firm. |
| 4 teaspoons coarsely chopped nuts | |
| 1/4 cup thick prepared chocolate sirup or chocolate sauce | |
| 4 small scoops firm vanilla ice cream (about 1/4 cup each) | |
| 2 egg whites | |
| Speck of salt | |
| 1/4 cup sugar | |

Place egg whites and salt in small mixing bowl, beat until stiff. Gradually add sugar, continuing to beat until stiff and glossy.

Remove shortcakes from food freezer and place on baking sheet. Working quickly with spatula completely cover both shortcake and ice cream with meringue; spread evenly.

Bake in oven 400°F for 5-7 minutes, or until browned. Transfer to serving dishes and serve immediately.

Makes 4 servings.

FOOD SELECTION AND PREPARATION

Egg and Cheese Cookery

On March 24 a leader training meeting for Egg and Cheese Cookery was conducted by Mrs. Elsie Morris, extension nutrition specialist, and this agent for 26 project leaders. All clubs were represented except Silverbell who was unable to attend due to the bad roads. The Silverbell leaders were given assistance at a later date. We were fortunate in securing a large church kitchen in which to conduct this lesson so that we could have plenty of space in which to work as well as having a sufficient number of ovens and burners. The purpose of the lesson was:

1. To learn new ways of using eggs and cheese in all meals.
2. To learn how to prepare egg and cheese dishes correctly using low temperatures.
3. Food value found in egg and cheese dishes.

This lesson is a direct result of the lesson given last year on "Use of Small Tools". The women were interested in learning how to make meringues. Some of the dishes prepared which taught us the principles of egg and cheese cookery were hard cooked eggs, omelet, stirred custard, heavenly pie, cottage cheese salad, chili rellenos, cheese strata and cheese cake.

The one important principle of egg and cheese cookery which was emphasized throughout the lesson was low temperature. Since both eggs and cheese have a high protein content, low temperature is essential. High temperature makes protein tough.

To point out the importance of protein in the diet, the women were asked to fill out a questionnaire concerning their breakfast that morning.

No. who ate breakfast	22
No. who ate good breakfast	17
No. who ate no breakfast	1
No. who usually eat a good breakfast	13
No. who ate no fruit for breakfast	10

The women were also asked to determine their protein in-

FOOD SELECTION AND PREPARATION (continued)

Egg and Cheese Cookery (continued)

take for the day. About half of the women had the recommended amount - 65 grams. As a result of the work with protein allowances, the women were made more aware of the need for serving an adequate breakfast to their families daily.

Some of the important points stressed in the preparation of the foods included in the recipe sheet are:

1. Hard and soft cooked eggs should be brought to the boiling point and then simmer to finish cooking.
2. Scrambled eggs can be prepared in a pyrex double boiler with less possibility of the protein becoming tough caused by too high heat.
3. Making smooth cream sauce and the proper way of blending it was shown in the baked omelet. Also low temperature was used.
4. The secret to the success of the Heavenly Pie was in the beating of the egg whites.
5. Soft custard was prepared to show importance of low temperature and the reasons for not over-cooking protein foods.
6. Chili Rellenos showed the melting of cheese when covered by batter.

Egg whites beaten for the Heavenly Pie were over beaten. The homemaker preparing this was unfamiliar with the type egg beater used. Additional egg whites were beaten correctly and then compared with those over-beaten. This made an excellent comparison.

The women were divided into teams and assigned a specific dish to prepare. This seemed to be a very satisfactory method as everyone had the experience of doing some preparation and yet profited by the experiences of those doing different things. The food prepared was served to the group for lunch.

Mrs. Morris conducted a very profitable discussion period relating the food prepared to the principles of egg and cheese cookery.

A summary of the Egg and Cheese Cookery lesson shows that 12 meetings were held with 173 women attending. A total of

FOOD SELECTION AND PREPARATION (continued)

Egg and Cheese Cookery (continued)

30½ hours was spent by the 26 leaders in presenting the lesson. Three clubs found it necessary to present the lesson in the form of a demonstration rather than a workshop due to the limitations of the meetings places. The project leaders selected the dishes which they felt that their club was most interested in which would help teach the principles of egg and cheese cookery. Probably the two most popular dishes prepared were chili rellenos and cheese cake. In several instances the project leaders failed to get across the principles because they were so involved in the preparation of the food. This is a very difficult phase of our leader training which we are always striving to improve upon.

Eleven clubs gave us the following information on their leader's reports:

1. How many used a pattern for meal planning?
One Week 83
More than one week 77
2. How many eat a good breakfast every day? 53
3. How many checked their protein allowances for one week?
6
4. How many used the recipes for Egg and Cheese Cookery?
141

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
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106 North Court Street
Tucson

University of Arizona
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Agricultural Extension Service
Home Demonstration Work
County Agent Work

EGG AND CHEESE COOKERY
RECIPES

Prepared by
Elsie H. Morris - Extension Nutritionist
Ruth Linner - Home Demonstration Agent

Poached Eggs

Ingredients

Grade A egg
Grade B egg
Grade A eggs stored at room temperature
1/2 teaspoon fat
Pepper and salt
1 teaspoon fat

Utensils

6 saucers
1 spatula or knife
1 skillet
1 slotted spoon
serving dishes
paper sack
scotch tape

1. Use a shallow pan with about 2 inches of water. Only fresh eggs can be poached successfully. Rub skillet with small amount of fat to prevent eggs from sticking.
2. Bring the water to the boiling point and then reduce to simmering. Swirl water.
3. Break egg into sauce dish and slip the egg quickly into the water toward the edge of the pan.
4. Cook at simmering from 3 to 4 minutes. Don't let the water boil or the eggs will be tough and unevenly cooked.
5. Remove eggs with a slotted pancake turner and drain. Serve on crisp hot toast.

Soft-Cooked Eggs

Ingredients

High quality eggs

Utensils

Pan with cover

1. Place eggs in a pan of cold or lukewarm water. The water should come at least $\frac{1}{4}$ inch above the top of the eggs.
2. Bring the water rapidly to boiling. Turn off heat and if necessary set the pan off the burner to prevent further boiling. If four or more eggs are to be soft-cooked at one time, do not turn off the heat but reduce it so that it will keep the water simmering.
3. Cover the pan and let the eggs stand 2 to 4 minutes.
4. Cool eggs promptly in cold water for a few seconds to stop the cooking and to make them easy to handle. Serve promptly.

Hard-Cooked Eggs

Ingredients

High quality eggs

Utensils

Pan with cover
Double boiler

1. Follow the directions for soft-cooked eggs, but keep eggs simmering 15 to 25 minutes. You will need to allow the longer time if you live at a high elevation. Cool the eggs promptly and thoroughly in cold water. This makes the shells easier to remove and helps prevent a dark coating on the yolk. Crackle the shell by tapping the egg against a hard surface or with a spoon.
2. To loosen the shell, roll the egg between the hands. Begin peeling at the large end. Hold the eggs under running water or dip them in a pan of water to help ease off the shells.

Scrambled Eggs

Yield: 6 servings

Ingredients

6 eggs
 $\frac{3}{4}$ teaspoon salt
6 tablespoonfuls milk
2 tablespoonfuls butter or
bacon drippings

Utensils

1 skillet
or
1 double boiler
1 stirring spoon
1 egg beater or fork
serving platter

1. Use $\frac{1}{8}$ teaspoon of salt and 1 tablespoon of liquid for each egg.
2. Blend eggs, milk and salt with a fork. For a uniform yellow, blend thoroughly; for a white and gold effect, blend only slightly.
3. Pour the egg mixture into a skillet containing a little hot fat. Use about 1 teaspoon of fat for each egg. Reduce the heat immediately to low.

4. As the egg cooks, lift the thickened part from the bottom and sides with a spatula so that the uncooked part can flow underneath. Avoid too much stirring.
5. Cook until the mixture is thickened, but still moist. It will take from 5 to 8 minutes to scramble 4 eggs. In double boiler allow about 15 minutes. Serve on a warm platter.

Baked Omelet

Yield: 6 servings

Time: 40 to 50 minutes
Temperature: 325° F.

Ingredients

6 eggs
4 tablespoonfuls butter or margarine
1 cup milk
1/4 cup flour
3/4 teaspoon salt

Utensils

1 double boiler
1 egg beater and bowl
1 stirring spoon
1 buttered utility dish
8" x 10"
serving spoon
knife

1. Melt butter. Blend with flour. Add milk and cook over hot water until smooth and thick.
2. Beat egg whites stiff and glossy.
3. Beat egg yolks.
4. Add a small amount of cream sauce to egg yolks; blend well.
5. Add egg mixture to sauce and cook until thick - about 2 or 3 minutes - stirring constantly.
6. Cool hot mixture.
7. Fold in egg whites.
8. Pour into buttered dish and bake in 325° F. oven 40 or 50 minutes or until knife inserted comes out dry.

Sauce For Omelet

Yield: 6 servings

Time: 30 minutes

Ingredients

1-2/3 cups tomatoes strained
or tomato juice
1/4 cup flour
2 tablespoonfuls butter or margarine
2 tablespoonfuls chopped green
chili peppers (canned or frozen)
1 tablespoonful chopped pimiento
3 tablespoonfuls chopped olives
1/8 teaspoon salt
pepper

Utensils

1. double boiler
1 stirring spoon
liquid measuring cups
1/4 measuring cup
measuring spoons
cutting board
sharp knife
serving bowl
serving spoon

1. Melt fat; blend flour; add tomato juice and cook over hot water until thick and smooth.
2. Add other ingredients.
3. Keep hot over water until ready to serve.

Heavenly Pie

Yield: 6 servings

Time: 1 hour
Temperature: 250°-300° F.

Ingredients

4 egg whites
1/8 teaspoon salt
2/3 cup granulated sugar (fine)
1/2 cup 4X sugar
1/2 teaspoon vanilla
1/2 teaspoon almond

Utensils

1 egg beater or whip
1 bowl or platter
1 set measuring cups
1 set measuring spoons
1 ungreased pie plate

1. Beat egg whites until foamy; add pinch of salt.
2. Beat until stiff but glossy.
3. Beat in 2/3 cup granulated sugar.
4. Fold in 1/2 cup 4X sugar. Add flavoring.
5. Pour in pie plate.
6. Bake 1 hour in slow oven, 275° F., until meringue is firm and dry. Serve with whipped cream and grated bitter chocolate or soft custard.

For small meringues or kisses, drop mixture from teaspoon onto brown paper. Bake at 275° F. for 50 minutes.

Soft Custard

Ingredients

2/3 cup sugar
1/3 cup bread flour
1/8 teaspoon salt
1-1/2 cups dry skim milk powder
2 cups scalded milk (or warm water)
2 eggs or 4 egg yolks
1 teaspoon vanilla

Utensils

1 double boiler
1/3 cup measure
1 glass measuring cup
1 egg beater
1 bowl
1 knife
1 stirring spoon
serving dish

1. Mix dry ingredients, including dry skim milk powder.
2. Add scalded milk (or warm water) gradually.
3. Cook 15 minutes in double boiler. Stir constantly until mixture thickens. Afterwards occasionally.
4. Add eggs, slightly beaten, and cook 3 minutes.
5. Cool and flavor.

Nippy Cheese Spread

Yield: 1-1/2 cups

Ingredients

2 tablespoons butter or margarine
1/2 lb. soft American cheese (finely
2 tablespoonfuls thin cream grated)
3 tablespoonfuls lemon juice
1 teaspoon dry mustard
1/2 teaspoon salt
cayenne

Utensils

1 mixing bowl
1 mixing spoon
1 set measuring spoons
1 grater

1. Cream the butter; add the grated cheese, cream, lemon juice and seasonings.
2. Mix all ingredients together until smooth.

Cottage Cheese Salad

Ingredients

3 carrots
1 cup cottage cheese
2 cups cabbage-green and/or red
1/2 cup mayonnaise
celery seed

Utensils

1 grater 1 cutting board
1 bowl 1 large knife
1 spoon
1 measuring cup
1 large serving plate
serving fork and spoon

1. Grate carrots, combine with cottage cheese, mayonnaise and celery seed.
2. Just before serving, shred chilled cabbage. Arrange bed of cabbage on plate and top with cheese carrot mixture.

Chili Rellenos Con Queso

Rellenos means stuffed; con queso - with cheese

Yield: 8 servings

Temperature: 350° F.

Ingredients

2 cans green chiles (4 oz.)
2 lbs. jack cheese
2 eggs
2 tablespoons flour
3 tablespoons butter, margarine or lard
parsley (garnish)

Utensils

1 egg beater and bowl
1 paring knife
1 large skillet
1 pot holder
1 serving platter (ovenware)
serving silver
paper towels

Recipe for Chili Rellenos: If using fresh green chile peppers, first remove the skin by either of the following methods:

Oven Method:

Place peppers in a hot oven (450° F.) for 6 to 8 minutes. Then dip quickly into cold water and slip off the skins. Make a slit at the stem end and remove the seeds and veins.

Paraffin Method:

Plunge peppers which have been pricked into hot paraffin (375° F.). Leave the peppers in the paraffin bath until they turn white (about 2 minutes). Remove, dip them into cold water and pull off the wax which will have the peel sticking to it. Make a slit at the stem end and remove the seeds and veins. The peppers peeled by this method will be a beautiful bright green.

Warning:

Melt paraffin in a large can in a kettle of boiling water. Paraffin is an oil base. You must avoid the danger of a flash fire. When paraffin is over direct heat, watch carefully

Canned chiles may be used when the fresh are not available. Frozen chiles which have thawed may be used.

1. After the chili peppers are peeled, cut Monterey Cream Cheese or mild American Cheese into pieces about the size of dominoes. The cheese may be inserted into the chiles or the chiles may be cut into strips and a strip of chili wrapped around each piece of cheese.
2. Next, prepare a batter using one egg for every two chiles and one tablespoon of hot water to each egg and enough flour (1 tablespoon for each egg) to make a thin batter. Beat egg whites until stiff, fold in beaten egg yolks and flour.

3. Dip each piece into the batter and fry in moderately hot fat (350° F.) in a skillet until golden brown on both sides. Drain on paper towels and put in oven to keep warm, or brown in skillet on one side only. Drain and place on baking dish in 350° F. oven to brown and puff.

Note: Chili Rellenos may be prepared ahead of the meal, cooked and stored in the refrigerator. When ready to use, place in 350° F. oven for 15 minutes to warm.

Sauce for Chili Rellenos

Ingredients

2 tablespoons lard or fat
2 onions
3 cloves garlic
2 tablespoonfuls flour
1 can tomato paste
oregano
1/2 teaspoon salt

Utensils

1 paring knife
1 cutting board
1 skillet
1 can opener
1 spoon

1. Saute chopped onions and garlic until golden brown in hot fat.
2. Mix flour with fat. Add tomato paste, oregano and salt. Cook mixture to consistency of gravy. At least 15 minutes.
3. Pour over stuffed chiles and warm in oven for 10 minutes. Serve.

Cheese Strata

Yield: 6 servings

Time: 45 minutes
Temperature: 350° F.

Ingredients

10 slices enriched white bread
1/2 lb. sharp cheese
2 cups milk
1/4 teaspoon paprika
1/8 teaspoon dry mustard
1/4 teaspoon salt

Utensils

1 8x10" pyrex baking dish
1 cutting board
1 knife
1 glass measuring cup
1 set measuring spoons

1. Cut bread in cubes. Arrange a layer of bread cubes in the bottom of a buttered baking dish. Cover with sliced or grated cheese; then the remaining crumbs.
2. Beat eggs, add milk and seasonings.
3. Pour mixture gradually over the bread and cheese, letting it soak into the bread.
4. Bake at 350° F. about 45 minutes until the custard is set and the bread is puffed and brown. Test with a silver knife.

Cheese Cake

Ingredients

Utensils

- I. Zweibach or 18 graham crackers
 1/4 lb. butter
 1 tablespoon sugar

Foley food mill
1 bowl
1 spoon
1 spring ring

1. Make fine crumbs.
2. Mix melted butter and sugar.
3. Save 1/2 cup crumb mixture.
4. Pack rest of crumb mixture on bottom of well greased spring form.
5. Bake in preheated 325° F. oven 10 minutes -- cool.
-

- II. 3 cups cottage cheese

1 large bowl
Foley food mill

1. Press 3 cups of drained cottage cheese through Foley food mill.
-

- III. 4 egg whites
 1/2 cup sugar

1 beater and bowl

1. Beat 4 egg whites until almost stiff. Add 1/2 cup sugar gradually.
-

- IV. 4 egg yolks
 3 tablespoonfuls sifted flour

1 beater and bowl

1. Beat egg yolks.
2. Sift in 3 tablespoonfuls of flour. Add to cheese and beat thoroughly.
-

- V. 2 lemons
 vanilla

grater reamer
measuring spoons

1. Grate rind of lemon on finest grater -- 2 tablespoonfuls.
2. Measure 3 tablespoonfuls lemon juice; 1/2 teaspoon vanilla and 1/2 cup evaporated milk. Add to cheese mixture.
-

- VI. 1. Fold beaten egg whites into cheese mixture. Pour into baked crust.
 2. Sprinkle remaining crumbs on top.
 3. Bake in 325° F. oven one and a half hours or until center is set.
-

- VII. 1. Chill before removing from pan. Place on serving plate with serving silver.

Cocoa

Yield: 10 servings

Ingredients

1/4 to 1/2 cup of cocoa
1/4 to 1/2 cup of sugar
1/4 teaspoon salt
1 cup water
4 quarts milk

or

4 cups skim milk powder and 4 quarts water
1/2 teaspoon vanilla, optional

Utensils

1 large suacepan (4 quarts)
1/4 measuring cup
1 mixing spoon
1 rotary beater

1. In the top of a double boiler put the cocoa, sugar, salt and water. Mix.
2. Cook the cocoa directly over the heat. When the mixture reaches the boiling point, turn the heat down. Boil gently for 5 minutes.
3. Add the milk, either cold or heated.
4. Place the upper part of the double-boiler in the lower part. Let the mixture cook for at least 20 minutes.
5. Just before serving, beat the mixture with a rotary egg beater so as to break into bits the scum that forms on top of the beverage. Do not throw this scum away. It contains nourishing substances.
6. If you wish chocolate, substitute for cocoa one ounce (one square) of chocolate. Cut it into bits. Cook as for cocoa except that the mixture must be stirred constantly when it is directly over the heat.

Tea

Tea bags

FOOD SELECTION AND PREPARATION (continued)

Poultry Cookery

In preparation of the poultry cookery leader training meeting the agent had a conference with Mrs. Elsie Morris, extension nutritionist. As a result of this conference, the basic preparations and printed bulletins for the meeting were compiled. The reasons for this meeting are as follows:

1. To review the changes and trends in poultry available in our markets and to learn how to select for size and grade for your family needs.
2. To know the food value of poultry.
3. To estimate how much poultry to buy for your family.
4. To stimulate homemakers to use the various methods of preparation such as braising, broiling, roasting at low temperatures.
5. To demonstrate how to carve and serve roasted poultry.

To have the most effective type meeting it was decided that the tiniest turkey should be roasted three different ways:

1. Roasted at high temperature, 450° to brown and then reduced to 350°.
2. Wrapped in aluminum foil and roasted at 350°.
3. Roasted in an open pan at 325°.

This gave the women an opportunity to compare the three methods. The results were as desired. The turkey roasted in an open pan at 325° was perfectly browned and the white meat was especially juicy. When the three turkeys were placed side by side and later when tasted without exception the women all voted for the low temperature bird having the best appearance and taste.

Many of the women were concerned about the drippings for gravy as they were convinced before the meeting that the open pan method without water would give them no drippings. No gravy was made at the training meeting but they were shown the drippings from the tiniest turkey prepared at 325°. A word of precaution was given to the women regarding the possibility of food poisoning if they stuffed their poultry the day before it was to be roasted.

FOOD SELECTION AND PREPARATION (continued)

Poultry Cookery (continued)

In addition to the roasting mentioned above, chicken was fried in a skillet with a small amount of fat, chicken fried in deep fat and chicken broiled over charcoal outdoors.

Many of the women discovered that they had been braising their chicken instead of frying it. Much interest was shown in the broiling of chicken over charcoal outdoors. The food prepared was served for lunch so that all had the opportunity to taste the results.

Poultry is readily available in Pima County. Much of it is shipped in from other states and sold as frozen poultry. Local processors sell fresh poultry but none of it is graded. Our experience has been that local poultry is not of the highest quality. This was especially noted in purchasing the poultry for this lesson.

The changes and trends in poultry are included in the printed material attached to this report.

Particular emphasis was placed on the tiniest turkey (roaster-fryer, 6 - 8 lbs.) due to the fact that it is one of the newest trends in poultry. Many homemakers have not purchased turkeys in the past because they felt that a 15-20 lb. turkey was too large for their families. Also attention was drawn to the fact that turkeys are now bred to give the maximum amount of white meat.

This was an expensive lesson for the women to prepare. Because of this, it was suggested to the clubs that each member be asked to share in the expense and then to serve the prepared poultry to the members for lunch. The project leaders felt that they learned several new points in the selection and preparation of poultry which would be useful to all of the homemakers.

The poultry cookery lesson was presented to 15 clubs by project leaders during the month of November. Reports following the club meetings indicate that the women were well pleased with results of preparing poultry at low temperatures in an open pan. Several clubs used the poultry cookery lesson as the basis for a Thanksgiving dinner served the club members.

Ruth Linner
Pima County
Arizona
1954

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FOOD SELECTION AND PREPARATION (continued)

Poultry Cookery (continued)

All clubs prepared the tiniest turkey at low temperature and then varied as to the selection of other methods for preparing poultry. In most clubs the women were disturbed about the drippings for gravy but were convinced that the family could still have gravy with the low temperature cooking. Two hundred and forty-eight women attended the meetings conducted by 30 project leaders.

A summary of the results of this lesson will be given in the 1955 Annual Report as they are not available at this time. The meetings were held during the month of November.

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November, 1954

POULTRY COOKERY RECIPES

Prepared by
Elsie H. Morris, Extension Nutritionist
Ruth Linner, Home Demonstration Agent

Turkeys and chicken will be in plentiful supply.

Market trends in poultry

1. Turkeys large or small seems to be toward white birds. White birds show no pin feathers.
2. Turkeys are broad breasted with generous portions of white meat but still have meaty legs. Sizes are large, medium and small. These turkeys are called Beltsville Turkeys.
3. The tiniest turkey called fryer-roaster is the broad breasted type and is available on a year round basis. These are the size of large roaster chickens.
4. Cut-up poultry, turkey and chicken.
5. Frozen poultry.
Frozen goose.

Definition of Market Terms of Poultry

1. "Dressed" - bled and picked but not drawn, head and feet not removed before weighing for pricing. Regardless of quality, must be drawn and cleaned before cooking; oil sack must be removed.
2. "Ready to cook" - whole poultry and parts (cut-up poultry), has been bled, picked and fully drawn (eviscerated), head and feet removed before weighing and pricing. Poultry labeled "ready to cook" should have been thoroughly cleaned, inside and out, and should be free of pin feathers. The giblets and often the neck are washed and wrapped and placed in the body cavity. The neck skin is usually split in back leaving a whole piece of breast and front neck skin to seal the stuffing.

- "Ready to cook" birds are the only poultry which can be labelled with U. S. Inspection and grade marks.
3. "Stewing Chicken" or "hen" replace the term "fowl" and refers to a mature female chicken.
 4. "Roaster-fryer" the tiniest turkey (Beltsville small white variety) is the market class for turkey about 3 months of age which weigh from 3 to 8 pounds, ready to cook. Have paper thin skin.
 5. "Chicken broiler" tender, little fat, smooth, thin skin. Eight to 12 weeks old. Weigh $1\frac{1}{2}$ to $2\frac{1}{2}$ lbs.
 6. "Fryer", 14 to 20 weeks old. Weigh $2\frac{1}{2}$ to $3\frac{1}{2}$ lbs.
 7. "Roaster" usually under 8 months of age, larger with more fat than a broiler or fryer.

How many pounds to buy

1. The number of servings depends on
 - Quality of poultry
 - Correct cooking
 - Carving skill
2. Buy one-half pounds of "ready to cook" poultry for each serving.

Chickens - - - - - Table of Weight

3 to 4 lbs.	6 - 8 servings
4 to 6 lbs.	8 - 10 servings

Turkeys - - - - - Table of Weight

8 to 10 lbs.	16 - 20 servings
10 to 14 lbs.	20 - 28 servings
14 to 18 lbs.	28 - 36 servings
18 to 20 lbs.	36 - 40 servings
20 to 24 lbs.	40 - 50 servings

How to store

Store in refrigerator lightly wrapped in waxed paper. Remove or puncture tight store wrapping. Do not store fresh poultry more than a day and a half in the refrigerator. Freeze if you plan to hold it longer.

Methods of roasting fresh poultry

Read the timetable so that you can allow necessary hours for roasting.

Time Table for Chickens

<u>Ready to cook weight in lbs.</u>	<u>Oven Temp.</u>	<u>Cooking Time</u>
$3\frac{1}{2}$ -4 (40-45 min. per lb.)	325° F.	$2\frac{1}{2}$ -3 hours
4-5 (35-40 min. per lb.)	325° F.	3- $3\frac{1}{2}$ hours
Over 5 (30-35 min. per lb.)	325° F.	$3\frac{1}{2}$ -4 hours

Time Table for Turkeys

<u>Ready to cook weight in lbs.</u>	<u>Oven Temp.</u>	<u>Cooking Time</u>
8-12 (25-30 min. per lb.)	325° F.	4-4½ hours
12-16 (18-20 min. per lb.)	300° F.	4½-5 hours
16-20 (15-18 min. per lb.)	300° F.	5-5½ hours
20-24 (13-15 min. per lb.)	300° F.	5½-6 hours

300° F. is a very slow oven.
325 °F. is a slow oven.

Note: If you buy a "dressed turkey, subtract 5 lbs. for heavy weight, 3 lbs. for medium weight and 2 lbs. for light weight turkey to obtain the approximate "ready to cook" weight.

When buying poultry examine:

1. The skin for creamy color and good healthy appearance; free from blemishes, tears and pin feathers; free from spots.
2. Shape and fleshing - wide, long well flecked breast; full legs and thighs.
3. Test flexibility of breast bone - indicates a young bird. A solid one - an old bird.
4. Grade A poultry is very acceptable. Grade B poultry will not generally carry the fat or fleshing essential in top cooking quality.

Directions for roasting

1. Wash bird and giblets, inside and out. Drain.

Stuffing

Note: Prepare ingredients the day before roasting. Store in a covered jar.
On roasting day, combine liquid and dry ingredients and stuff the bird. Do not stuff the bird before roasting day in order to avoid the danger of food poisoning.

Basic Bread Stuffing

Amount of stuffing: 1 cup stuffing per pounds of "ready to cook" bird.

Yield: 5 cups

Ingredients

5 cups dry bread crumbs
1/2 cup melted fat
1-1/4 teaspoon salt
1/2 teaspoon pepper

Optional ingredients

1 apple chopped
2 cups celery chopped
4 medium onions chopped
1 or 2 eggs, slightly beaten
giblets, chopped fine

Utensils

1 mixing bowl
1 pan for melting fat
1 large spoon
measuring spoons
measuring cups
chopping board and knife
1 small bowl for eggs
kitchen scissors
1 covered casserole

Extra stuffing may be cooked in a casserole. Add broth from giblets.

Corn-Bread Stuffing (5 pound chicken)

Ingredients

6 tablespoons butter or other fat
3/4 cup chopped celery
1/4 cup chopped parsley
1 small onion chopped
1 quart corn-bread crumbs
1/4 to 1/2 teaspoon thyme
1/2 to 1 teaspoon salt
pepper to taste

Utensils

1 skillet
1 large mixing bowl
chopping board and knife
measuring cups
measuring spoons
1 large spoon
1 covered casserole
kitchen scissors

1. In the melted fat cook the celery, parsley and onion for a few minutes.
2. Add to the corn-bread crumbs and dry seasonings and stir all together.

Orange Stuffing
(5 pound duck)

Ingredients

3 cups dry bread cubes toasted
1/2 cup hot water
2 teaspoons grated orange rind
2/3 cup orange pulp
2 cups diced celery
1/4 cup melted butter
1 beaten egg
1/2 teaspoon salt
dash of pepper
1/4 teaspoon poultry seasoning

Utensils

1 large mixing bowl
1 small bowl
measuring cups
measuring spoons
1 grater
1 juicer
chopping board and knife
1 pan for melting butter
1 large spoon
1 pan for heating water

1. Soften bread cubes in hot water 15 minutes. Add remaining ingredients and combine lightly.
2. Stuff duck.

Preparing the Fowl for Roasting

Ingredients

Bird
Stuffing
Melted fat
Garnishes: parsley, peaches,
orange slice with prune on
top, tiny wedge of tomato
and parsley

Utensils

Skewers
Knife
Cord
Drip pan
Rack
Oven thermometer
Meat thermometer
Pan for melting fat
Serving platter
Carving set
Truffles

Trussing

1. Sprinkle salt in neck and lower cavity.
2. Fill neck cavity. Loosen upper breast skin. Fill lightly, do not pack the breast and neck cavity. Fasten the neck skin to the back with skewers or toothpicks. Shape wings "akimbo" style and bring wing tips onto the neck.
3. Fill abdominal opening. Do not pack. Close abdominal opening with skewers and lace with cord.
4. Press thighs close to the body of the bird. Tie legs together just back of the joint at which they were severed, and tie ends of this same string around the tail piece.

Placing bird in oven

1. Brush skin with melted fat.
2. Place trussed bird breast down on a rack in a shallow open pan. Do not cover. Do not add liquid.
3. Slow roasting. Roast at low temperature. See time chart. The larger the bird the lower the temperature. Do not sear.

Note: Do not partially cook poultry the day before and finish cooking on the day of serving. There is danger in food poisoning. Get up early if necessary to stuff and put the bird in the oven.

Note: To prevent legs from browning and drying, cover with foil.

4. Turn bird with breast up the last 45 minutes of roasting time.
5. Test for doneness: Thigh and drumstick joint moves or if a meat thermometer is used, it should register at 190° F. if placed in the thigh.

To make Gravy

Preparing giblets for gravy: Simmer the giblets (liver, gizzard, heart and neck) in water to cover and cook until tender, about two hours. Then drain and chop fine. Save the broth.

1. Drain excess fat from the drippings in the drip pan.
2. Blend 6 tablespoons flour and 3 tablespoons of fat in small container.
3. Add water to make 3 cups of liquid. Place over a low flame to loosen and blend the drippings.
4. Stir in flour-fat mixture. Cook until smooth for 5 minutes, stirring constantly. Season with salt and pepper to taste.

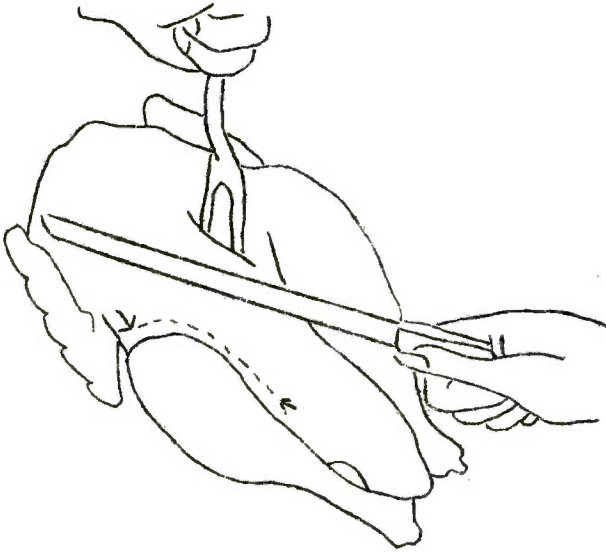
Serving and Carving the Bird

Suggested Menu

Hot Spiced Cider
Roast Poultry with Garnish*
Baked Acorn Squash filled with Creamed Onions
Raw Cranberry Relish on Lettuce or other Greens
Potatoes Gravy
Milk, Coffee or Tea
Pumpkin Pie

Note: *Garnish - Parsley or Hot Spiced Peach Half with Prune in center

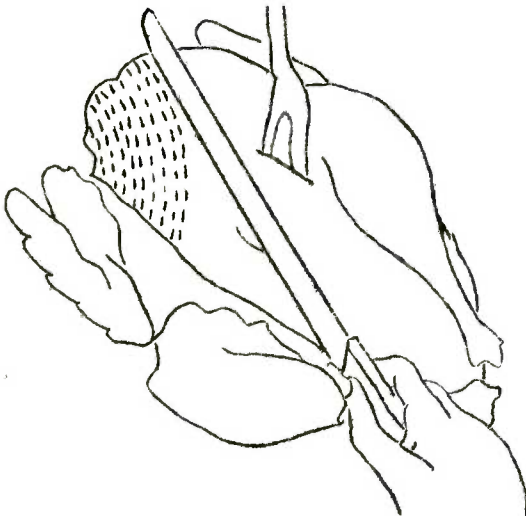
CARVING ROAST POULTRY



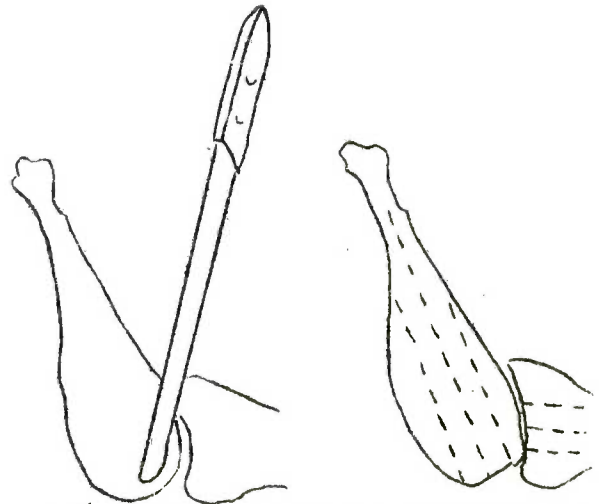
1. Place platter in front of carver so that neck of bird is to the left and feet to the right. Stick tines of carving fork deep into breast at the tip of the breast bone. With sharp knife, separate leg and thigh from nearest side by cutting at the thigh joint and pressing the leg away from the body.



2. Separate nearest wing in same manner, cutting around the joint to locate the exact dividing point of joint.



3. Slice breast meat thin, starting at an angle from tip of breast bone and cutting toward the wing joint.



4. & 5. Separate thigh and leg at the joint. Slice thigh and leg lengthwise for turkey. Leave whole for small birds - turn platter and repeat process for second side of bird.

Braising Poultry
(Stewing Hen, Fryers or Turkey Pieces)

Ingredients

Poultry
Flour
Salt and pepper
Fat
Onion and celery

Utensils

Skillet
Fork
Tongs
Covered casserole
Paper sack
Serving platter
Serving fork

1. Flour pieces. Brown slowly at low temperature in a small amount of fat for about 30 minutes.
2. Cover or transfer to oven dish. Cook in own juices or add a little water or additional juice or cream.
3. Cook on top of range or in oven until fork tender.

Broiling Poultry

Time: 45 to 60 minutes

Temperature: 350° F.

Ingredients

Halves of poultry
Melted fat
Salt and pepper

Utensils

Broiler pan and rack
Tongs
Pastry brush
Serving platter
Knife
Fork

1. Brush poultry with melted fat and place skin side down on rack.
2. Place 5 to 7 inches from gas flame set at 350° F. Place 10 to 12 inches from electric broiler unit. Broil slowly so that meat just begins to brown lightly in 15 minutes.
3. Turn after 25 minutes and brown skin side of bird. Place liver and heart under body cavity.
4. Test for doneness: same as for roasting poultry.

Charcoal Grilled Chicken

1. Start fire about 1 hour ahead so you will have deep bed of glowing coals. (If you crave hickory fragrance as you grill, buy some packaged hickory discs.)
2. Take chicken out of refrigerator 30 minutes before grilling, but no sooner.
3. Half or quarter one 2 - 2½ pound ready-to-cook broiler-fryer. If chicken is quick frozen, thaw before cooking. Chicken parts such as breasts, thighs, etc. may also be used.

4. Break hip, knee and wing joints to keep bird flat during grilling. (Rub chicken all over with a cut clove of garlic if desired.)
5. Brush with butter and sprinkle with salt and pepper. The trick in grilling these chickens is to turn the birds every 10 minutes brushing with butter each time.
6. When coals are glowing, arrange bird with cut side down on wire rack which is 6 to 9 inches from heat. Grill slowly about 45 minutes to one hour, turning with tongs and basting with butter often.
7. Bird is done when the thigh and drumstick joint moves.

Frying Poultry

Ingredients

Cut up poultry
Flour
Salt and pepper
Fat

Utensils

Heavy skillet
Deep fat fryer or Dutch oven
Tongs
Fork
Paper towels
Paper sack
Clean damp cloth

1. Coat pieces with seasoned flour.
2. Brown in shallow fat 20 to 30 minutes, in deep fat 12 to 15 minutes at 375° F. Avoid crowding.
3. Drain on absorbent paper towels.

Roasting the Tiniest Turkey Roaster-Fryer

These birds weigh 3 to 8 lbs. The skin is paper thin. The meat is tender and juicy and the flavor is delicate.

Time: 2½ to 3½ hours

Temperature: 325° F.

Ingredients

Tiniest turkey
Stuffing
Fat
Garnishes

Utensils

Drip pan and rack
Tongs
Cheese cloth (8 layers, 6-8 inches)
Skewers
Cord
Serving platter
Carving set
2 small plates

1. Stuff and truss bird as directed in roasting instructions.

2. Place bird on the rack with breast up. Dip 4 layers of muslin or 8 layers of cheese cloth about 6 to 8 inches in size in melted fat. Place dripping with fat on the breast.
3. Soak in fat and replace as the cover becomes dry.

Note: Don't expect complete browning of the breast.

When roasting a large turkey, place breast down on rack. Do not add liquid. Turn breast up to brown last 45 minutes or roasting.

Chicken Tetrizzini

Ingredients

4 cups cubed cooked chicken or turkey
 1/2 cup butter or margarine
 2 tablespoons chopped green pepper
 1/2 cup flour
 2-1/2 cups chicken broth cooled
 1-1/2 cups light cream or top milk
 1 tablespoon lemon juice
 1 teaspoon salt
 1/4 teaspoon pepper
 1 (4-ounce) can sliced mushrooms, drained
 1/2 pound spaghetti, cooked
 Italian-style grated cheese

Utensils

Measuring cups
 Measuring spoons
 Juicer
 1 saucepan for spaghetti
 Strainer
 Skillet
 Chopping board and knife
 1 large casserole
 1 mixing spoon

1. Melt butter, add green pepper and cook for 3 to 4 minutes until pepper is tender.
2. Blend in flour, add broth and cream and cook over low heat, stirring constantly until mixture is thickened.
3. Add lemon juice and seasonings. Divide sauce in half.
4. Combine chicken with half of sauce, the mushrooms and spaghetti with other half.
5. Place spaghetti in individual casseroles or in large shallow casserole, make "well" in center of each and pour in chicken mixture. Sprinkle liberally with cheese and bake in 400° F. oven about 20 minutes.
6. Makes 4 to 6 servings.

CHICKEN MOUSSE

Ingredients

2 tablespoons gelatine
3 tablespoons cold water
1 cup hot chicken stock
Salt
Dash cayenne pepper
Paprika
1 tablespoon finely chopped
 olives
1/2 cup finely sliced celery
1 cup finely cut cooked chicken
1 cup heavy cream, whipped
2 egg whites, stiffly beaten

Utensils

Measuring spoons
Measuring cups
Chopping board and knife
Custard cup
1 saucepan
rotary beater
1 mixing spoon
2 small bowls
1 mold

1. Soften gelatine in water 5 minutes; add hot broth, stirring until dissolved. Season to taste and cool.
2. When slightly thickened, beat with rotary beater until frothy. Add olives, celery, and chicken and fold in cream and egg whites.
3. Turn into mold and chill thoroughly. To serve, cut in slices.
4. Serves 6.

Cranberry Orange Molds

Ingredients

2 cups uncooked cranberries
2 small oranges
1 cup sugar
1 package lemon gelatine
1 cup boiling water
Lettuce
Mayonnaise

Utensils

Measuring cups
1 small saucepan
Food chopper
1 mixing spoon
1 mixing bowl
custard cup

Wash cranberries and dry. Peel oranges. Put cranberries and 1 orange peel through food chopper. Dice orange pulp and add with the sugar. Dissolve gelatine in boiling water and cool. Combine with cranberry orange mixture; pour into oiled molds and chill until firm. Unmold on lettuce and serve with mayonnaise. Makes 6 large servings.

Frozen Poultry

Selection

1. Select a hard frozen bird.
2. Avoid a bird which shows signs of freezer burn (red, dry flesh). Also avoid torn wrappings.

3. Packaging materials for frozen poultry must be moisture vapor proof.
4. Some frozen poultry is U. S. Graded and Inspected. Look for the seals.

Thawing Frozen Poultry

1. Thaw bird in original wrapping in refrigerator. A good cold refrigerator is the best place to thaw poultry. Temperature about 40 to 50° F.

<u>Ready-to-cook Weight</u>	<u>Approximate time Required to Thaw</u>
4 to 12 lbs.	4 to 6 hours
12 to 20 lbs.	6 to 8 hours
20 to 24 lbs.	8 to 12 hours

In running cold water with poultry in original wrapping, 2 to 12 hours to thaw, depending on size of bird.

Poultry may be thawed in refrigerator one day and under running cold water the next day.

2. Thaw bird completely.
3. Remove wrapped giblets and neck from the cavity.
4. Wash bird inside and out. Drain.
5. Stuff and roast immediately. Do not partially roast the bird one day and complete roasting the next day.

Note: Do not stuff poultry before freezing to avoid the danger of food poisoning.

Note: The red bones of frozen poultry are caused by the break down of hemoglobin (the blood iron) in the bone marrow which is freed. This does not indicate spoilage, just a condition caused by freezing.

FOOD SELECTION AND PREPARATION (continued)

Gifts From the Kitchen

From time to time homemakers have made comments about the increasing number of gifts from the kitchen they have given friends during the year. Nineteen women reported having given 181 such gifts. Much pride is shown by the women in this activity. Young homemakers are reviving this custom practiced by their grandmothers.

FOOD SELECTION AND PREPARATION (continued)

Bread Making

One special interest meeting was held by the Cactus Wrens Club on bread making. Eleven women attended and participated in making various kinds of bread. Mrs. A. S. Bradley, Ft. Lowell homemakers, assisted in teaching these women the techniques of good bread making.

Thirty-two women reported that they make bread at least once a week. Of this number 5 bake bread at least twice a week.

Ruth Linner
Pima County
Arizona
1954

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FOOD SELECTION AND PREPARATION (continued)

Pressure Sauce Pan

As a direct result of the Pressure Sauce Pan lesson presented in the county during 1953, 24 women use theirs' once a day. Ten women reported occasionally. One enthusiastic homemaker said that she uses her pressure sauce pan at every meal.

Ruth Linner
Pima County
Arizona
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FOOD SELECTION AND PREPARATION (continued)

State Fair Demonstration

Mrs. Dysart Murphy of the State Fair Home Arts Department invited Pima County women to present a demonstration at the State Fair. The Sagebrush Club volunteered their services. Mrs. Ben Hall, Mrs. Charlotte Moore, Mrs. K. M. Fornwalt and Mrs. K. Y. Appleyard demonstrated "Candy Cane Cookies". Prior to the demonstration they had made Christmas cut-out cookies and crescents. All of the cookies were served to the audience which numbered approximately 150. The facilities for giving such a demonstration were excellent. The women thoroughly enjoyed this experience and recommended that some other club participate next year.

FAMILY ECONOMICS & HOME MANAGEMENT

Help Yourself to Easier Housework

After the Spring Scholarship Tea last year some of the women who heard Dr. Samuel Grauman speak about matters of the heart became very much interested in learning more about saving their hearts so that when the 1954 program was planned they included a place for a special interest group who could delve into the subject more thoroughly.

The initial meeting was held with 25 women present representing 7 clubs. Miss Grace Ryan gave the group a complete picture of the National Heart of the Home Program and how the entire program centers around the doctor and local Heart Association. Eventually a local counseling committee might emerge consisting of a doctor, nurse and home economist and other people who were needed to serve the entire county in helping people who have a heart problem.

The orientation meeting pointed out to us that there was sufficient interest among the homemakers to warrant a series of three meetings where we will attempt to see what the needs of heart patients are -- what is their family life -- along with the afore mentioned things we will work on simplification plans such as kitchen arrangements, routes of travel, tools, etc. Also we will be interested in diet and weight control.

It was very gratifying to have 14 extremely interested homemakers attend the first Help Yourself to Easier Housework meeting.

The main objective set up for all of the meetings is to learn how to live with a heart condition by making your job easier and causing less strain on the heart. The same things could also be used by an average homemaker to prevent a heart condition. It was specifically stated that these meetings do not deal with symptoms in any way.

One of the interesting things brought out by Miss Ryan during the meeting was that we have many tools with which to work such as time, mind, heart, income, information, knowledge,

FAMILY ECONOMICS & HOME MANAGEMENT (continued)

Help Yourself to Easier Housework (continued)

tradition and housing but the only one that we have in perfect equality is time.

Slides were shown of the Sater Kitchen which pointed out some work and time saving devices. This was followed by a discussion on kitchen arrangements and how this often caused much extra strain when the arrangement was poor.

At the second meeting Mrs. Elsie Morris worked with the women on weight control problems. Only one member of the group needed to gain weight, the others all needed to lose from between 10-40 pounds. The women participating in this phase of the heart program were asked to bring a doctor's certificate before trying to lose weight. Emphasis was placed on correct meal planning. Assistance was given on how to use "Food Values in Common Portions" to help them plan better meals for their families and still lose weight as directed. The importance of protein in the diet was also discussed. The women were so interested in the subject that they requested a second half day meeting to further this study of weight control. Also the women felt they needed the moral support of others to help them stay with their diets.

During the afternoon Miss Grace Ryan gave some excellent demonstrations on how to make jobs easier in the home. Particular emphasis was placed on posture, work heights, easy reaches, step-saving devices and fatigue. Time was allotted during the meeting for the women to work with the demonstration material.

The following month Mrs. Morris spent one half day with the women helping them to see the importance of balanced diets in relation to their project of weight reduction. A second half day was spent in showing and discussing a film on weight control.

The regular heart meeting was on storage devices and usage of our time and energy in doing various household tasks. The women are now beginning to see the value of making the housework easier and are putting many of the things into practical use in their homes. Mrs. George Mullett, Government

FAMILY ECONOMICS & HOME MANAGEMENT (continued)

Help Yourself to Easier Housework (continued)

Heights, told us that she now pulls her chaise lounge over to her clothes line, setting her basket of wet clothes on it. This saves her energy as she is no longer stooping over when hanging clothes. We learned that stooping takes more energy than reaching. Mrs. Roland Johnson, Sagebrush, has attached an electrical outlet to her ironing board and she also organized her ironing so that she need not move from her chair the entire time she is ironing. Mrs. Johnson has also improved her sewing center by having more storage space built. This allows her a convenient space to work with everything at her fingertips. Mrs. Elizabeth Thomas, Desert, is now using an adjustable ironing board and is learning how to sit while ironing.

Our last regular meeting of this series of lessons was devoted mainly to learning how to make a good home visit so that the homemaker might pass along some of the information to a friend or neighbor without seeming to pry into their affairs. Mrs. Florence Albaugh of the Public Welfare Office gave wonderful assistance at this meeting. It will take time for the women to think in terms of helping a friend or neighbor with some of the basic principles they have learned. However, it is interesting to see how they are at least talking about it, where as before they wouldn't even consider the possibility due to the feeling of inadequacy.

The "Help Yourself to Easier Housework" project was concluded with a half day meeting on weight control. It is this agents opinion, as well as several of the women attending the meeting, that we as extensioners have given as much help with this phase of weight control as is possible without overstepping our bounds and getting into the medical field. The reason for this is that there is the possibility of our cutting certain other essentials from our diet which could be harmful without our knowing it as we do not have a medical background. The basic weight control work was exceptionally well done and well within the scope of our work. The women have greatly benefited from this project and are appreciative of the time given them by Mrs. Morris.

A short discussion was conducted by Miss Ryan on the possibilities of the women giving short demonstrations to their clubs which would carry on the work started in this phase of

FAMILY ECONOMICS & HOME MANAGEMENT (continued)

Help Yourself to Easier Housework (continued)

our extension program. Several of the women volunteered to give any assistance they could in passing on the valuable information they learned from this Heart Program.

The women and this agent are especially grateful to Miss Ryan for her organization and splendid presentation of this program.

As a result of a request from the County Homemakers Council, 8 of the women who participated in the "Help Yourself to Easier Housework" project met in September to discuss the various ways that this program could be continued in our 1955 county program. All of these women were enthusiastic and willing to help pass along the information learned to other women in the county. It was decided to present two recommendations at the County Program Planning meeting:

1. "Help Yourself to Easier Housework" could be given as the two Home Management project lessons during the year.
2. Members who participated in this program last year would give short quickie demonstrations to all of the clubs with the guidance and assistance of Miss Grace Ryan and the agent.

The second recommendation was the choice of those who participated last year and it was also accepted at the County Program Planning meeting. This phase of the program will be reported in 1955.

To summarize this project a total of 8 meetings were held with a total attendance of 130 women. This made an average attendance of 16. Forty different women attended these meetings. It should be noted that 3 meetings were originally scheduled. (Two half day meetings on weight control with a total attendance of 16 were inadvertently omitted in the May monthly so are not included in the above total.)

Reports of these meetings were given to 6 homemakers clubs at various times during the year.

FAMILY ECONOMICS & HOME MANAGEMENT (continued)

Help Yourself to Easier Housework (continued)

These special interest meetings were presented to help the women attending and with the hope that eventually they would become local leaders. Some of the women who participated in this program will act as volunteer leaders during 1955. Additional assistance will be given to the leaders in helping them present their demonstrations.

The following statistics indicate the results of this series of lessons as reported by 6 women.

COOPERATIVE EXTENSION WORK
IN AGRICULTURE AND HOME ECONOMICS
STATE OF ARIZONA

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University of Arizona
College of Agriculture and
U. S. Department of Agriculture
Cooperating

TUCSON

Agricultural Extension Service

FINAL REPORT OF HEART-OF-THE-HOME PROGRAM

Leader's Name _____ Club _____

Address _____ Date _____

(Report for yourself and neighbors whom you assisted)

Check <input checked="" type="checkbox"/>	IN MY HOME	IN NEIGHBORS HOME
Did family members share work?	4	
Name the tasks made easier.		
<u>Sitting down to iron</u>		
<u>Packing lunches</u>		
<u>Use of laundry cart</u>	3	
<u>Hanging up of heavy wash</u>		
<u>More extensive use of tiered table on coasters</u>		
<u>Hanging up clothes</u>		
Were tools or equipment changed or new items added?	Yes	
<u>Adjustable ironing board, laundry cart, 3 tiered table, steam iron</u>		
What old ideas were changed?		
<u>New sewing center</u>		
<u>Draining dishes</u>		
<u>Shorter period for ironing shirts</u>		
<u>Use of lap board</u>		
<u>Divided drawers & cupboard space</u>	2	
<u>Making beds</u>		
<u>Height of sink, table in kitchen</u>		
What storage ideas were used? Use of slotted sections for cake tins & lids, spice cupboard, related utensils up together	3	
Were any work centers arranged or changed?		
Were work schedules changed?	1	

(Use back of this sheet for further comments)

HM-Heart Program

6/54

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Pima County
Arizona
1954

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FAMILY ECONOMICS & HOME MANAGEMENT (continued)

Help Yourself to Easier Housework (continued)

Comments as made by Mrs. Roland Johnson, Sagebrush:

"Mrs. Morris somehow sold me on drinking milk for the first time in my life. I am grateful for that. We have tried to bring out in what lessons we have had (in club meetings) the value of saving steps, proper working and storage heights. We are all more aware of the efforts being made to make our work easier. In case Mrs. Harper Stewart (co-leader) didn't write, I can testify that she changed her whole work schedule, improved her kitchen, the diet of her family and reduced herself."

Mrs. Stewart did not report so the above information is not included in the statistics.

This report is a fair representation of the many things the women have done.

FAMILY ECONOMICS & HOME MANAGEMENT (continued)

Electricity

A leader training meeting on "Electricity" was conducted by Miss Grace Ryan, home management specialist. One club was not represented. The general theme was to give each homemaker basic information on electricity which would help her more intelligently know the powers of electricity and how it can best work for her use and safety.

Terms such as circuit, current, amperes, volts, watts and fuse were explained and discussed at great length. The printed material is attached to avoid duplication. This was necessary preparation for understanding the balance of the meeting. To emphasize the importance of not overloading the circuits, various small appliances brought by the leaders were plugged into make believe circuits. The women then figured the total amount of wattage used when all appliances were in operation at one time. The number of circuits in the home and the capacity of each circuit was discussed. When a circuit is overloaded the voltage goes down so that your appliance cannot function at maximum efficiency. It takes your coffee longer to perk. When time is thrown off schedule, recipes are thrown off too. Everyone was encouraged to make it a good homemaking practice not to overload the circuits in their homes.

An attempt was made to make the women aware of the Electrical Underwriter's code. This seal being an indication that it is safe to use an item for the particular use specified. This does not mean that a lamp cord with this stamp can be used safely as an iron cord.

The contents of a kit prepared by Miss Ryan was explained. Various types of electrical connections were shown -- some good and some bad. All too often we have secured cheap plastic plugs to replace hard rubber ones needed for appliances drawing a large amount of current. An iron, which draws 1,000 watts, should not be attached to a light weight extension cord whose maximum capacity is 500 watts.

Several types of electrical cords were shown: 1. plastic and rubber covered, 2. silk covered, 3. asbestos insulated.

FAMILY ECONOMICS & HOME MANAGEMENT (continued)

Electricity (continued)

In this dry climate rubber cords tend to dry out and need to be replaced frequently. Insects such as silverfish, etc. frequently eat the silk cords. Asbestos insulated cords are essential for appliances such as irons. The size cord used depends on the load it will carry.

The repair of small appliances was not taught due to the complexity of the modern irons, toasters, etc. For those interested a demonstration was given on the simple lamp cord repair.

The women were asked to observe four important safety precautions.

1. Water and electricity don't mix.
2. Always disconnect an appliance when trying to fix it.
3. Don't yank plugs from their sockets.
4. Never force an electrical connection.

This meeting started off slowly but as the women realized the importance of their having knowledge of the subject their attentiveness increased. Miss Ryan did an exceptionally fine job on presenting what we think of as a very technical subject in terms a homemaker could understand.

Two electrical kits were made available to the local leaders for the presentation of this meeting to their clubs. Two clubs made up their own illustrative material.

Twenty-two project leaders conducted 13 meetings on electricity. One hundred and eighty attended the meetings. It is difficult to determine the exact results of this demonstration.

The following results were taken from the leader's reports following the lesson.

- | | |
|---|-----|
| 1. Number who learned not to overload circuits. | 126 |
| 2. Number who checked present use of circuits at home. | 79 |
| 3. Number who learned how to read electrical advice on equipment. | 132 |
| 4. Number who adopted the use of Underwriter's code for safety. | 17 |
| 5. Number who accepted safer practices. | 89 |

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
State of Arizona
106 North Court Street
Tucson

University of Arizona
College of Agriculture
U. S. Department of Agriculture
And Pima County Cooperating

Agricultural Extension Service
Home Demonstration Work
County Agent Work

FEED YOUR ELECTRICAL APPLIANCES WELL

Grace Ryan

Do your electrical appliances get enough to "eat"? Just like people, they require energy. They are "fed" by the wires in the house and surely cannot do good work for you when hooked to the wrong kind of wire, or when too many feed from one wire. Beauty in appliances counts little if they perform poorly.

DON'T BLAME YOUR APPLIANCES

Before you blame an appliance for being a sluggard be sure to know why it operates slowly or why it gives poor results. Motors on refrigerators, mixers, vacuum cleaners - in fact all motors - get tired when overtaxed. They will wear out more quickly too. Appliances without motors operate better and lights burn brighter when wires deliver the right amounts of "juice".

WHAT TO DO ABOUT IT

First, interest yourself in the proper wires needed in a house. Wire sizes are known by numbers. Each has a special number and each is made to carry a special load.

The larger the number the smaller the wire. Thus, a #14 wire is small in diameter, while #4 and #6 commonly used are larger.

o	o	o	C	o	o	o	o
#14	#12	#10	#8	#6	#4	#2	#0

It is not necessary for you to know all the details about wiring, but it is important to know which wires will carry heavy loads. These loads go on sizes #4 and #6 in household circuits.

HM-111

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cc: 375

You want to know about amperes, because an ampere is the measurement of the rate of flow of electricity. It corresponds to "gallons" of water in pumping. A fuse is a device which limits the amperes to a safe value. Fuses are numbered for light and heavy duty. For instance, a 15-ampere fuse protects a line delivering small amounts of current. A large fuse is needed on heavy duty circuits such as one carrying your electric range. Know when the load is heavy and whether the wires and fuses are equal to the load. Electricity as it "flows" along lines is under pressure. This pressure is measured by "volts". Most house wiring is at 115-120 volts but certain lines have 220-230 voltage. If you know these facts, plus the number of watts (working energy) needed by each appliance you can then put the blame of lazy equipment where it belongs. The following table of facts may help:

KNOW SIZES AND USE OF WIRES

<u>Size Wire</u>	<u>Size Wire</u>	<u>Name of Circuit</u>	<u>Safe Load of Equipment</u>	<u>Capacity of Circuits</u>
#12	15 Amp	Lighting	All house lights. May add fans, vacuum cleaner, radio	1700 (Approx) watts
#12	20 Amp	Water Heater	Water Heater	3300 watts
#10	20 Amp	Kitchen appliance, laundry	Small appliance on one circuit; laundry on one.	(2300 watts (
#6	Two 50 Amp	Range	Range	15000 watts

Service entrance circuits are those where range, lighting and appliances are on one circuit. A 3-wire circuit of 115 - 230 volts and a 60-ampere fuse is the minimum recommended. When you add a water heater or other circuits, heavier wire and a stronger fuse are needed.

ELECTRICAL "LANGUAGE"

Circuit - Pathway over which electricity flows
 Current - Stream or flow of electricity
 Amperes - Rate of flow of electricity (like gals. per minute)
 Volts - Pressure on the line (like pounds per square inch)
 Watts - Measure of energy. Volts X Amperes = Watts
 Fuse - A safety device which breaks the current whenever the circuit becomes overloaded.

TEST YOUR CIRCUIT

It takes only a little simple arithmetic to test the circuits and to decide whether your appliances are well fed. Here is a

list of items found in most any home, and a table telling approximately how many units of energy each needs:

<u>Appliance</u>	<u>Wattage</u>
Percolator	450 - 660
Automatic Hand Iron	1000
Waffle Iron	660
Automatic Toaster	1100
Mixer	150
Ventilating Fan	75
Wall Clock	2
Refrigerator	250
Electric Washing Machine	260 - 350
Ironer	1650
Range	12000

Look back at the "carrying power" of wires on the previous page. Add the watts given and see what would happen if we loaded all on one wire. More than 15,000 watts on a line! Too much!

WHAT REALLY HAPPENS IN OVERLOADING

Voltage goes down when a line is overloaded. There is not enough electrical pressure to feed each appliance. A toaster might lose 20% of its heating ability. Then it would take 20% longer to brown toast. When time is thrown off schedule, recipes are thrown off too. How bewildered a cook could be about a product not as good as it should be because it cooked too slowly and too long. You would have to pay for more electricity as well.

HOW MANY CIRCUITS ARE RECOMMENDED

New or remodeled houses need several circuits to keep appliances well fed. Make it a good homemaking practice not to overload the circuits you have.

WHAT THE "CODE" SAYS ABOUT WIRING

Electricity must be under control if it is to serve us safely. Electrical parts and devices are not made by "hit and miss" methods and should not be installed in such a fashion. They are built to meet minimum safety standards and to be installed in a manner quite uniform in the United States.

Underwriters make this possible. They are "a set of laboratories, supported jointly by manufacturers, insurance companies and other interested parties."¹ Through a "code", or set of rules, they guard us by good methods of wiring which are proven to be safe and sensible.

Watch for the underwriter's label on cords and cables. Ask, too, whether there is a "local" code which sets up the minimum requirements. It pays to go beyond the minimum for greater convenience and better service.

1: Richter - Wiring Simplified

CLOTHING AND TEXTILES

Mending

This project came so late in the program in 1953 it could not be completely evaluated. Seven clubs continued this project which was started in November of last year. A total of 82 women attended the meetings. Project leaders spent 19 days preparing for and presenting the meetings.

Specific details of the lesson were given in the 1953 report.

We all learn quicker and retain the information better by doing so that in most of the clubs each member actually learned how to do different types of mending such as reweaving and three-cornered tears and the Levi patch. In most cases the work was done on samples rather than on the actual garment itself. There were good discussions on how to handle the different types of mends.

The project leaders all felt that the training meeting last fall had been most beneficial and that many women needed the help with mending as many have been in the habit of just sewing up a tear or patching without any knowledge as to how it should be done to give continued strength and wear. Levi's seemed to take the spotlight as far as patching was concerned. Several women have spent quite a bit of money having holes or tears in new garments reweven in a shop because they never knew how to do reweaving.

The agent is sure that many homemakers will have innumerable uses for the reweaving part of the lesson.

Project leader's reports give us the following figures:

- | | |
|------------------------------------|----|
| 1. Quick mends - used mending tape | 26 |
| glues | 1 |
| machine darning | 25 |
| 2. How many used Levi patch. | 39 |
| 3. How many used reweaving. | 13 |
| 4. How many used inset patch. | 34 |

CLOTHING AND TEXTILES (continued)

New Fabrics

The first leader training meeting of the year was conducted by Miss Helen Church, clothing specialist, on "New Fabrics". It was a particularly effective meeting because of the following three points:

1. The women discovered very quickly that it was practically impossible to identify the fiber content of the different fabrics because of various finishes and blends of fibers. This lead them into the importance of labels on fabrics and finished garments.
2. The importance of learning about the differences of rayons and acetate as well as their advantages and disadvantages.
3. Other man made fibers constitute a small percentage of fiber consumption at the present time. We need to know the characteristics of the different fibers and what we can expect of them so that we can be wiser consumers.

A few years ago the only fabrics on the market were wool, silk, cotton, linen and rayon. At that time the distinction between fibers was quite pronounced. To make sure that none felt they knew all the answers an identification of fabrics test was given. In short order the women realized that there was lots to learn about the new fibers on the market.

Miss Church had many samples of synthetic fabrics such as rayon, acetate, nylon, orlon and dacron which were used to illustrate various points.

It was pointed out to the women that frequently the synthetic fibers were made to resemble the natural fibers. Often rayon, orlon and nylon fabric looks exactly like wool.

A great deal of time was spent discussing the difference between rayon and acetate. Some of the main points which

CLOTHING AND TEXTILES (continued)

New Fabrics (continued)

were compared are:

1. Affinity to dye.
2. Absorbtion of moisture.
3. Effects of heat
4. Wrinkling
5. Washability
6. Fading or discoloration

In the area of rayon and acetate particular attention should be paid to the labels found on fabrics and garments. If labelled "dry cleaning recommended" you should not expect to wash it. If there is no label, play safe and dry clean it. Many times you will find a mixture of rayon and acetate used in fabrics. This has a direct bearing on the care of such fabrics.

To be better buyers of rayon, remember first, what do you expect this fabric to do for you. Then look to the label for:

1. Kind of fiber - amount of each
2. Shrinkage to expect
3. Resistance to fading
4. Fume resistance on acetates
5. Special finishes used and their permanancy
6. Care instructions

Synthetic fibers other than rayon have been in the lime-light recently. Much advertising has been done by the manufacturers and retailers creating a desire on the part of the homemaker to purchase the new fabrics. This lesson taught the women the advantages and disadvantages of these fabrics.

Included in this report are copies of the two printed bulletins prepared by Miss Helen Church.

The women brought to this meeting labels, both good and bad, which were found on garments in their homes. The labels were evaluated. At least half of the labels did not give adequate instructions concerning the care of the garment. To have fabrics better labelled by the manufacturer, we as con-

CLOTHING AND TEXTILES (continued)

New Fabrics (continued)

sumers must constantly ask for labels giving sufficient information. The discussion of labels was a vital part of this meeting.

A kit was prepared for the use of project leaders in their local meetings. Samples of many types of fabric were included in this kit.

The purpose of the meeting was to help women purchase the new fabrics more intelligently. Some project leaders felt that they did not do an adequate teaching job in their clubs. This was not the fault of the training meeting. This subject matter is not easy to cover in one lesson. If more time could have been devoted to the project, more leaders would have felt their accomplishments would have been greater.

Twenty-four leaders presented the lesson to 230 women in 12 clubs. Sixteen days were spent in preparation and presentation.

Reports indicate results of the New Fabric lesson as follows:

- | | |
|---|-----|
| 1. How many women have looked for labels on acetate and rayon and other synthetics? | 123 |
| Did they find them on: | |
| Ready-to-wear Yes | 86 |
| Fabric by yard Yes | 94 |
| 2. How many women have used precautions in pressing man-made fabrics? | 112 |
| 3. How many have purchase fabrics of | |
| Orlon | 60 |
| Nylon | 54 |
| Dacron | 21 |
| Acrilan | 2 |

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BE A WISE BUYER
of
Rayon and Acetate Fabrics

The first man-made fiber was rayon, made less than 50 years ago.

Because silk was an expensive fiber, science attempted to produce a fiber that could be a substitute for silk. In fact, it was first called artificial silk. Later they decided the fiber had its own qualities and should have an identity as a distinct fiber. The name given it was rayon. Today it ranks second in the world's consumption of fiber. Cotton fiber still ranks first. All rayons are made from cellulose, such as wood pulp or cotton linters. The way that they are manufactured makes the difference in product. In December, 1951, the Federal Trade Commission made a ruling that textile fibers containing acetate yarn must be identified as acetate rather than classified as rayon. It is now necessary for fabric and garments to be so labeled. All advertising and sales promotion material must correctly use the words. As you look over dress racks you will see new labels never seen before. These are to identify fabrics.

Both fibers play a great role in clothing and household furnishings. Since they have distinct and different characteristics, it is necessary for the consumer to be able to distinguish between the two.

Difference Between Rayon and Acetate:

First, let's look at the difference as to manufacturing. Rayon is made from 100% cellulose (Cotton linters or wood pulp). This is the reason that it has some characteristics similar to cotton. Acetate is made by chemically combining cellulose with other ingredients, chemically different from any other fibers. In many ways it is similar to nylon.

Because they are chemically different they each have certain definite characteristics that make them good or bad for certain uses. Let's make some definite comparisons.

1. Rayon takes the same kinds of dyes as cotton, while acetates use the same dye as nylon.
2. Acetate absorbs less moisture than rayon. This means less shrinkage in acetate. This is why acetate dries more readily than rayon. Also, acetate will not absorb stains as readily as rayon. On the other hand, the lack of this characteristic gives better crepeing qualities to rayon.
3. Acetate is thermoplastic. That is, under heat it melts, or fuses. This requires care in handling but also makes possible permanent stiffening - pleats, creases and moires.
4. Acetate recovers from wear wrinkling more readily than rayon.
5. Acetate fibers are soft and supple. This gives them a good draping quality.

The fiber is only one important item in knowing fabrics. It is merely building material. How the fiber is used to make fabrics is the next important step. We should become familiar with 2 terms - filament and staple.

Filament is a long, continuous thread and where it is used it makes a smooth texture such as satins, chiffons, and taffetas.

Staple fiber consists of short lengths of either natural or chemically made fibers. The staple or cut fibers when carded and spun make what is called a spun yarn. Spun rayon is the term applied to this type of fabric. This makes it possible to combine yarns more easily. Hence we have many blends of fibers. According to the new ruling, fibers must be named in the order of their amounts by weight. For example, a fabric containing more rayon than acetate would be labeled "Rayon and Acetate". If there were more acetate, the label would read "Acetate and Rayon."

They may or may not be expressed by percentage, with exception of wool. Wool combinations require by law that the percentage and kind of wool must be given on the label.

What the manufacturer does to the yarn in making the fabrics and then finishing the fabric makes for good or bad fabric. The weaving of the fiber into fabric is important as well as the finishes. A loosely woven fabric, with the yarn poorly twisted, will not make a fabric of best wearing quality. The many finishes given to fabric adds to the confusion of the consumer. It is said that there are 429 known finishes used on rayon, 314 on acetate. Some of these finishes are used in manufacturing, but a large number are end use finishes.

The Rayon Standards Committee has been working upon performance standards for end use rayon fabrics. That is, certain standards will have to be met for dress fabric, other standards for slips, hose, bathing suits, etc. The consumer would like to buy fabrics guaranteed to meet certain minimum service conditions in a particular garment. This may come about in the near future. Permanent markings are needed to identify method of cleaning, permanence of color and finishes.

Finishes Used on Rayon and Acetate

Special finishes given to rayons have helped to overcome some of their weaknesses. Viscose Rayon can be wrinkle resistant, and can be treated so that it does not sag or stretch. It can be treated for shrinkage. Some of the most common finishes are Avcoset, Sanfroset, also Fiberset, a trade finish that means the fabric will not stretch, shrink or sag. Some common crease resistant finishes are designated by Vitalized -Tebilized. These are permanent. The permanency of the finish is most important. The label should tell us this true story.

Rayons have become more resistant to fading in sun, washing and to perspiration, with the improvement in the use of vat dyes.

Acetate rayon in white stays white and does not yellow as does silk. But it has a weakness that has not been overcome. It changes color, that is, blue turns pink, brown turns red, green turns brown, grey turns pink, etc.

This is called gas fading. The gas fumes in the air cause the fading to take place. The storage of acetate garments may be responsible for color change. Do not hang an acetate next to a wool garment. Wool is a protein fiber having an acid content. This will cause gas fading. Also you may note that often acetate linings in wool coats or suits may change color. This is due to the same reasoning.

Do not store acetate garments where moth crystals are used. Also avoid bleached paper bags or plastic garment bags that give off an acid. It is best to store them in fabric bags. There has been much done to overcome this weakness, and you may find labels stating that they are anti-fume resistant.

Trade Names for Anti-Gas Fume Fading

Velvamine	Warco	Anti Fume	Fumarest	Unidure
Airfast	Sandozol	Man Fume	Duratone	Newfume

The Care of Acetate and Rayon

Look for a label covering care. At present the term "washable" has very little meaning. Unless specific directions are given, we want and need to know if it is hand washable, launderable in washing machines, or if it is dry cleanable. When it's soiled, ask yourself:

1. What about the garment style and trimming?
2. What about the color?
3. What about shrinkage?

Until some definition of this term "washable" is given it will be wise to look for something concerning color and shrinkage before you wash it with soap and water.

On many garments are labels with complete instructions for care. Let's pay attention to these labels. If there is no label you take a risk, better not launder but dry clean it.

If you launder acetate, remember - do not put it through the wringer. You may put deep wrinkles into the garment that are difficult to remove. In stubborn areas as in neck bands, edges of cuffs, try using some of our soapless

shampoos to remove stubborn dirt. Blot out excess moisture and let partially dry and iron on wrong side with a moderately hot iron. If you must do some pressing on the right side, either use light weight paper or light weight muslin cloth between fabric and iron. Since most fabrics contain combination of fibers, it is always safe to do your pressing on the wrong side of any synthetic fiber.

Remember, rayon is weak when wet and therefore should be handled carefully while wet. Be careful about hanging rayon while wet. Its own weight may injure the fabric. It may be ironed when almost dry. Rayon fabric often needs some stiffening after it has been laundered to give it body and keep it from wrinkling so readily. Starch commonly used on cotton is not successful. Stiffening other than starch can be used on voiles, organdies, batistes, rayons and fine cottons. The following proportions can be used in using the following substances:

Gelatin - 1 oz. to 1 pint water. Dilute before using - 1 part solution to 8-15 parts of hot water.

Gum Arabic - 1 oz. to 1 pint water. Dilute before using - 1 part solution to 5-10 parts of hot water.

Tragacanth - 1/6 oz. to 1 pint water. Dilute before using - 1 part solution to 8-12 parts of hot water.

When pressing spun rayons you may have better results with steam iron or a steam press cloth, pressing as you would press wool.

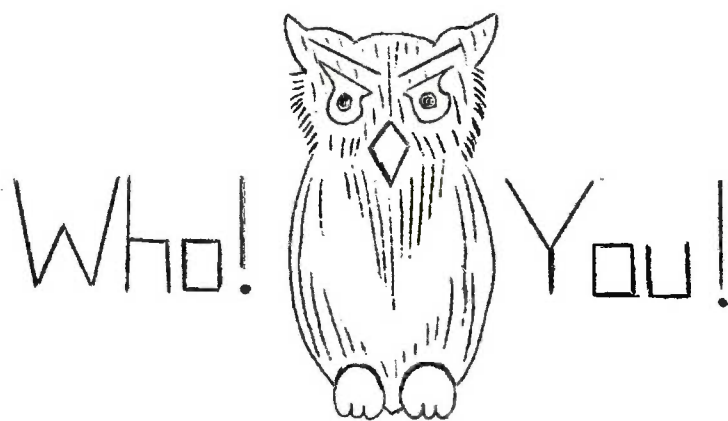
To be better buyers of rayon, remember first, what do you expect this fabric to do for you. Then look to the label for:

1. Kind of fiber - amount of each
2. Shrinkage to expect
3. Resistance to fading - laundry and dry cleaning
4. Fume resistance on Acetate Rayons
5. Special finishes used and their permanency
6. Care instructions

Remember too, that like any other fabric, the quality is dependent upon (1) the fiber, (2) the yarn, (3) method of construction and (4) the finish given the fabric. Some of these things are visible, others are not. We get better fabrics when we are more alert buyers.

THE MANUFACTURERS ONLY MAKE THAT WHICH THEY CAN SELL. ASKING FOR THESE THINGS MAY BRING THEM TO THE MARKET. LOOK FOR, ASK FOR, THEN READ THE LABEL.

BE A WISE BUYER



OF ACETATE AND RAYONS

By

Helen L. Church
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COOPERATIVE EXTENSION WORK
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OTHER MAN MADE FIBERS

Prepared by
Helen L. Church, Extension Clothing Specialist

Other man made fibers that constitute a small percentage of fiber consumption at the present time are: Nylon, Orlon, Dacron, Dynel, Vicara, Acrilan, Fiberglas, and Saran. Nylon is the most commonly used and most available for consumption. All man made fibers have similar characteristics in varying degrees. With the exception of rayon and vicara, all are thermoplastic. (1) This means that they can be molded by heat. You get permanent pleats because of this characteristic. This means care in handling, ironing on wrong side to prevent glazing of fabric thereby, making it "shiny". (2) They all have low moisture content. This means that they dry quickly as they do not absorb moisture. (3) Resistant to wrinkling. (4) Resistant to mildew, moths. (5) High degree of electricity. (6) Same strength when wet as when dry. (7) All have been difficult to dye. (8) All are strong fibers and resist abrasion.

NYLON:

The first strong man made fiber has had the test of consumers in clothing. It is still the strongest of man made fibers. It has the above characteristics and has a few weak points. It deteriorates in sunlight and for this reason is not a good fiber for window curtains or outdoor furniture. It has remarkable elasticity and recovery. This elasticity has made it difficult to sew. It is sensitive to acids and has a high degree of static electricity. It will melt under a hot iron.

ORLON:

This fiber has many of the same characteristics that nylon has. It is more nearly like silk than nylon, since it has a warm dry feel of silk. It has the power to keep its shape at high humidity. It is resistant to sunlight. This has given us a glass curtain fabric that has proved most satisfactory. It does not have the strength of nylon but is stronger than rayon and is a durable fiber. It retains 90 percent of its strength when wet. It has been difficult to dye and melts under a hot iron. Dyes are being perfected.

DACRON:

It is a strong man made fiber, as strong as nylon with characteristics similar to nylon. Its strongest point is its ability to retain shape. Nylon stretches but goes back to its original shape. Dacron does not stretch as does nylon. This should make it a good fiber for sewing thread which will eliminate puckering that we get when sewing with most nylon thread. White dacron sewing thread has been on the market and should be available in colors soon.

It shows great promise from experimentation. It should solve the problem of summer suitings, as it will produce a fabric that will not wrinkle from perspiration or high humidity, and will not shrink in cleaning operations. Displays recently shown at textile meetings showed slacks laundered in home washing machines that had held the press and crease. Blouses and men's shirts laundered did not need ironing.

Dacron has that dry hand that gives it a luxurious feel. Sweaters, socks, and knitting yarn are reported to give the long wear and easy care of nylon. The dry "hand" will be an additional quality that will be welcomed in hosiery. Some of our nationally advertised men's socks have been made of dacron. In past years, they have been marked Fiber V.

DYNEL:

This differs from the other fibers, in the hand it is soft and resembles cashmere in wool, it gives warmth with light weight, and it has characteristics similar to other synthetics except that it has a lower melting point. In blankets and in fabrics it has had a tendency to "pill". This means that it rolls up in little balls and finally leaves the fabric. A steam iron should never be used on dynel. The press cloth should be dry. The iron should be set for the lowest possible heat. It should be laundered in lukewarm water. It has much static electricity and will hold lint. Dynel is fire resistant.

Dynel will melt in Acetone as does acetate. However, it dissolves very slowly. It will take almost an hour for it to dissolve. Acetate dissolves immediately if you are using acetone to test.

ACRILAN:

Another new fiber has many of the characteristics of nylon. It is a strong fiber, launders and dries easily, and resists wrinkling. Acrilan is lighter in weight than any other fiber. It has a warm "hand" and blends nicely with other fibers.

VICARA:

is a protein fiber made from corn zein. It is a soft fiber and blends with other fibers. It is weak when wet and scorches easily.

FIBERGLAS:

is made from glass fibers. The fabric is strong, fireproof and resistant to chemicals and mildew. Glass fabrics are not at present suitable for clothing. They have an irritating effect on the skin. In coated fabrics they are desirable for draperies, screens, tablecloths, awnings, lampshades and curtains.

Curtains seem to be most popular. Since the fabric will not absorb moisture, they require no ironing and will not absorb dirt. Their abrasive resistance is only fair so pull curtains that rub a surface constantly might through friction break at the fold of the hems. With reasonable care fiberglas will give long wear.

SARAN and VELON:

are plastic yarns that can be woven like cloth. These yarns are tough, flexible, resistant to wear, fire and chemicals. They too have their weaknesses. They shrink excessively at high temperatures. Also when they wrinkle, the result is permanent wrinkles or folds.

Saran's new fabric is Marquisette. It's also used for upholstery, drapery fabrics, handbags and shoes.

FIBER E: (Viscase Rayon)

higher tenacity--has power of crimping and is used in rugs. It also has high luster and a good affinity for dye. It has high resistance to abrasion and is used in rug making.

CHROMSPUN or CELAPERM:

are trade names that refer to the Acetate rayons that have color that is fast to sun and gases.

These yarns are used in decorative fabrics for draperies, slip covers and garments where gas fading, constant laundering, or severe exposure to sunlight are likely to affect the color.

BLENDS:

No fiber can be said to be better than another; each has its own "place in the sun". The manufacturer is responsible for blending fibers and using finishes that will give satisfaction to a fabric. Because certain fibers have certain characteristics, fabric can be constructed for definite purposes.

Advertising has caused many a consumer disappointment. The new fibers were advertised to be "miracle fibers". Therefore, purchases have been made, many with a small amount of the fiber. The fabric did not respond as was expected, and the new fiber received a bad name.

Some fabrics carry labels giving the amount of new fibers, others do not. Unless there is 50 percent or more of the fiber present, you cannot expect the fabric to have the characteristic desired in the original fiber.

At the present time, the consumer has to depend upon the integrity of the manufacturer. Possibly as consumers demand it, labeling will become a necessity.

When fibers are blended to make a fabric it is necessary to take into consideration the weaknesses of the fibers. Most man made fibers are stable, that is they do not shrink. Natural fibers may not be stable if they have not received the correct treatment. Many persons have been disappointed in combinations of man made fibers with cotton. They were purchased with the idea that they would not wrinkle or need ironing. Many of them appeared wrinkled and "unironed" at all times; in fact, they never could be pressed. This was due to shrinkage of the cotton yarn and no shrinkage of the nylon or orlon.

The amount of man made fiber used in the combination has something to do with wearability. When nylon is combined with rayon and cotton, 60% is needed to add tensile strength while 15% is all that's needed when combining with acetate or wool. To give dimensional stability which means that it will not sag and stretch, 40% is the minimum.

Blending with orlon requires 50% orlon as a minimum with wool or acetate and 80% if combined with rayon. This should give the fabric a wrinkle resistance.

Dacron blends require for wrinkle resistance, a 50% mixture with wool or acetate and 75% with rayon. For retention of press 25% dacron is recommended for blends with all fibers.

Tips on Sewing the New Fabrics

1. Always experiment on fabric before you begin sewing.
2. Use sharp scissors for cutting, ample seam allowances are necessary.
3. If seams tend to pucker, loosen the tension both top and bottom. Use longer stitch, smaller needle, No. 9 or 11. Then try sewing over paper.
4. Nylon Tricot rolls; to avoid this, stitch 1/8 inch from edge of seam, then trim down close to stitching line.
5. Use interfacing for making buttonholes. Suitable materials would be lawn or organdy which is sanforized.

6. Do not press until you are sure of the fit. As a crease seam or hemline over pressed is hard to remove.
7. Dacron thread seems most suitable of the man made fibers for sewing thread, but is not available in all colors.
8. Paper tape pasted over the hole on the throat plate of the machine will help to keep the seams from puckering.

CLOTHING AND TEXTILES (continued)

Costume Accessories

The agent presented this lesson on accessories assuming that the women wanted to learn how to combine the correct selection of accessories to go with the simplest cotton dress or for the very dressiest occasion requiring hat, gloves, etc. Four important art elements were discussed, color, texture, line and scale. These were related to the selection and combination of accessories.

It was stressed that many women tend to over accessorize especially with jewelry. No more than three pieces of jewelry should be worn at one time. Don't make them fight for supremacy. Tailored garments need tailored jewelry. A small person should wear small jewelry so that the jewelry will not over power the individual.

Special emphasis was made regarding the wearing of Indian jewelry with squaw dresses. Wear only a few pieces at a time so that everyone may enjoy them. Never wear squash blossom necklace, concho belt, earrings and several bracelets all at the same time. To make matters worse all of the jewelry is worn with an ornately trimmed squaw dress. A plain squaw dress accentuates a lovely necklace and earrings.

The women participated freely in the discussion of specific accessories. Gloves, handbags and hats should harmonize with the ensemble in texture, line and color. These accessories may also contrast with the costume in colors providing the same color is used in one other place.

Shoes were discussed primarily from the standpoint of texture, color and suitability. Tailored shoes should be worn with tailored clothes, not dressy velvets.

A copy of the bulletin all homemakers received at this lesson is included to tell in more detail the subject matter used.

The agent made up a kit of accessories that could be used to illustrate the combination of accessories to comply with the 4 art elements stressed. In some clubs the women divided

CLOTHING AND TEXTILES (continued)

Costume Accessories (continued)

into groups to accessorize a dress or suit.

The clothing project leaders in each club cooperated by bringing a dress and accessories to supplement the items provided by the agent which were used to illustrate the various phases of the lesson.

Group participation was good as the meetings were conducted informally so that pertinent personal questions could be asked during the meeting. This type of discussion is wholesome and should be encouraged as it tends to make the women more at ease in discussing personal problems. Our objective was to teach, not to criticize. This was carefully explained and the agent feels that the women participated accordingly.

Mrs. Wanda Elliott, president of the Cactus Wrens Club, is so conscious of her Indian jewelry that she stopped by the office recently to make sure she wasn't wearing too many pieces. She was wearing a wide concho belt with a lovely turquoise squash blossom necklace on a plain black squaw dress. The belt or necklace should have been left at home.

Comments made by Mrs. Dorothy Gibbons, Cactus Wrens, "Would like to mention that I have chosen my accessories to go with my clothes with more care".

Comments made by a clothing project leader, "Very hard to have tangible show of results. Something that shows more over a longer period of time especially with home women whose wardrobes change slowly".

Fourteen clubs participated in this project with 221 women attending. The same lesson was given to the women of the Moose Club with 20 women present.

The complete report turned in from the clothing project leaders shows the following results:

1. Number of women who have become more conscious of importance of accessories.

CLOTHING AND TEXTILES (continued)

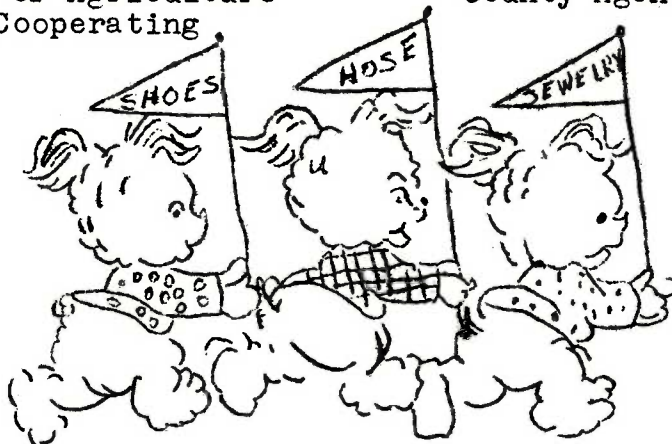
Costume Accessories (continued)

- | | | |
|----|---|----|
| 2. | How many have purchased accessories with definite wardrobe plan in mind? | 52 |
| 3. | How many have enhanced garments that they have had a long time by changing the accessory? | 72 |

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
State of Arizona
106 North Court Street
Tucson

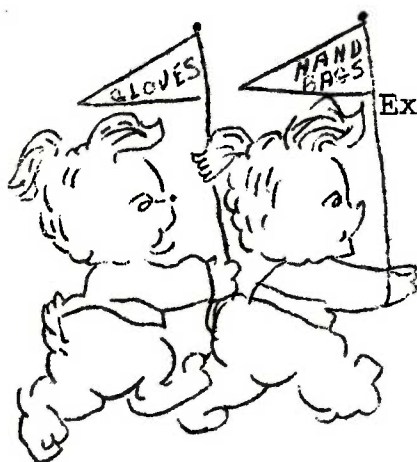
University of Arizona
College of Agriculture
U. S. Department of Agriculture
And Pima County Cooperating

Agricultural Extension Service
Home Demonstration Work
County Agent Work



ACCESSORIES

by
Helen L. Church
Extension Clothing Specialist



Accessories have an important role to play in costuming. Through wise selection of accessories we can put variety into our otherwise small wardrobe. Change of accessories keeps us wearing last year's dress or gives us enough change that fewer garments need to be purchased. They give us an opportunity to play with color and a chance for personality expression.

Accessories should always complete the costume. They should not be considered as extras in dress. When we think of accessories, we immediately think of hats, shoes, hose, jewelry, gloves, handbags, scarves and handkerchiefs. These accessories have been worn back through the centuries. In fact, many of them came before clothing as a means of adornment. This was true of jewelry that adorned the body.

American women have sometimes been criticized for poor dress due to poor selection of accessories. Adrian, a great designer, once said "The greatest weakness of the American woman is to over-accessorize." For this reason it is necessary to learn and carry out the best principles of line, design and color when making accessory choices. Your costume and accessories should always be subordinate to you. They

should serve as your background, never over shadowing your personality,

This also is the reason that accessories should be of best quality. Smartly dressed women many times find it advisable to spend more for hats, shoes and purse than they do for dress. Low grade, cheap and imitation materials can cheapen an otherwise expensive ensemble.

Imitation fur, leather, alligator, patent, suede not only give impression of artificiality and cheapness, but are expensive. They soon become shabby and need to be discarded.

If the wardrobe is limited because of money, we can with careful planning select good accessories that may serve several occasions, such as afternoon, sport, or street and appear well dressed. It is not necessary to have complete accessories for every costume.

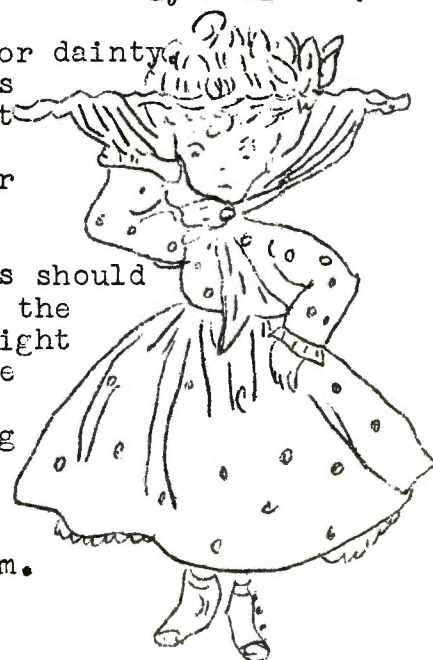
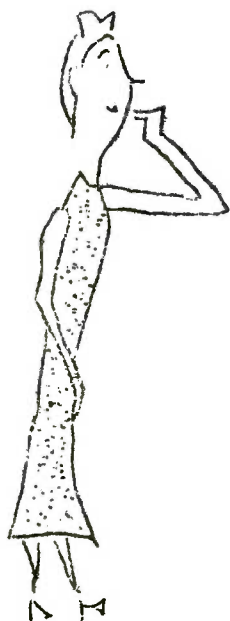
With accessories we can make or break a perfectly designed garment. Often we become so interested in the accessories themselves that we forget the line or design of the garment, and we forget the most important art principle which is one center of interest or emphasis. Your center of interest may be the neckline, waistline, waist or sleeve line or bottom of skirt. The human eye can only enjoy one thing at a time. Why wear several rings or bracelets on the same hand or arm? The unusual cut of the neckline can be ruined by the wrong type of neck adornment. If there is a beautiful line in collar, the pin or adornment should be close to the collar and accent its lines.

If accessories provide the bright spots to a costume, it is well to limit them to two. For instance, a white hat and gloves for your spring suit would be good taste. Add to it a white bag, a white collar, white shoes and white flowers for lapel and you will have spotty accessories. The accessories become more important than the dress or suit.

To be most successful, accessories should be scaled to the size of the wearer. The following general rules can be safely followed:

Heavy person - Hats not too fussy or dainty. They should frame the face. Bags not too small. Shoes simple, not conspicuous with platform soles. They should give firm footing for the support of the heavy figure.

Short, slender figure - Accessories should be kept dainty and small keeping the correct relationship. Jewelry light in weight. Bags moderate in size and preferably color of costume. Contrasts in gloves, belt and bag will interrupt the flowing long line that you establish in the costume. Shoes trim but not exaggerated in height or platform.



JEWELRY

Jewelry should be considered as a part of an outfit, not just extras that you possess to be put on and worn without thought of its effect on the whole costume. Jewelry plays an important part in American women's costumes.

A necklace can affect the size and shape of the face. If the necklace fits close to the face and neck, it can make the face appear round and the neck larger. Longer strands of beads will tend to increase the length of the face. The shape of the bead is also important. The high choker bead is fashionable yet cannot be worn by everyone. For instance the very round face and large neck appear larger with the large round bead. However, this type of necklace is good for older women whose necks sometimes are not so beautiful as they once were. Neckline determines the choice of beads. Beads are usually more becoming to a collarless neckline. They can make the transition from costume to face, eyes or hat, thereby giving rhythm to the costume.

Earrings have the tendency to widen the face. The shape of the earring also has some effect on the length of the neck, for example, the pendant earring. If the earring takes on the general shape of the lobe of the ear and is delicate, it will not change the general shape of the ear.

Lapel pins and scatter pins have been used to create interest in a costume and can give the costume that certain pick-up that it often needs. Conventionalized design in a metal pin is better than one of natural design. The scatter pin can be used to direct attention where you want it. A pin at the end of a deep V calls attention to the bustline and is to be avoided by a person with large bust. Better wear the pin high to one side near the shoulder line. This draws attention to the higher line.

Jewelry needs to be isolated with plenty of space around it. It needs plain material as a background if it is to have the center of interest. It doesn't want to fight for supremacy. An example would be a ring of precious stones, 2 or 3 bracelets of different stones on the same hand. All are fighting for the center of interest. The ring and bracelets to enhance one another should be of the same general design if worn together.

Tailored costumes need tailored jewelry. Texture as well as color should harmonize.

GLOVES

Gloves, like shoes, convey best taste if they are simple in design. Over-ornamentation with tucks, buttons and color contrasts detract rather than add to the glove. A good quality leather or fabric is desirable.

Gloves may

1. Match hat, bag, belt or any other accessory
2. Match blouse of suit
3. Pick up or accent color in print of dress
4. Give dash of color to dark suit or dress
5. Harmonize in darker or lighter shade with dress or coat

The length of glove is usually determined by the length of sleeve. The relationship should always be pleasing.

HANDBAGS

The handbag should harmonize with the ensemble in texture, line and color. The bag may also contrast the costume in colors providing that the same contrast of color is used in one other place. The size of the bag is dependent upon the size of the individual. Large bags may overpower a small person. The larger person requires a bag in proportion to her size.

The handbag may

1. Match shoes in leather and color
2. Match gloves
3. Match, harmonize or contrast ensemble color
4. Match in color, at or trim on hat
5. Harmonize with shade darker or lighter than costume

SHOES

Proper fit is of course of primary importance. One cannot be at ease or graceful in shoes that do not fit and are uncomfortable. Shoes should be on scale with the size of the person. Shoes with all elaborate treatment of straps or cutouts appear to shorten the figure and widen the ankles. Contrasting shoes call attention to the feet. If dainty feet are your asset, contrast of color is good. Shoes with toes out make the feet appear shorter. The same is true of square toes.

Heels for sport wear and business should be lower and with enough base to give ease of walking and balance. The leather in this shoe will be durable, ~~usually from calf skin or heavy kid.~~ The shoe for dress will be of finer leather or fabric suitable to texture of clothing worn for the occasion. The tweed suit, for instance, looks best with the heavier calf or alligator shoe and doesn't appear so well with fine suede. Shoes to be in best taste will harmonize in material and style with the entire costume.

HOSE

A safe rule to follow in selecting shoes and hose is to keep them inconspicuous and in harmony with the dress. Sheer hose dull

in texture and simply knitted will make the chubby leg appear more slender. Hosiery can add expense to the wardrobe. For this reason hosiery should be bought for different wear. Heavier hose, 20 to 30 denier, naturally give better wear and will be more appropriate for sport wear. Sheer hose, 15 denier, is made for less wear and tear.



HATS

Every season brings change in style of hats. No matter what style dictates may be, there is always enough variety in shapes that a becoming hat can be found. Since the hat forms a frame for the face it should flatter the individual's best facial features. It, of course, should agree with the ensemble in line, color and texture. Also, another important item is the effect it has on the hair style. The hair style can add or detract from the hat.

People are often attracted by decorations on the hat. If you are buying a hat for street and tailored clothes, the hat should have tailored lines. Fussy, overly-decorated hats are not usually suitable for tailored garments. The hat with tailored lines may need softening effects such as can be attained by the use of ribbon and tailored veiling.

The ideal shape of face that we wish to attain is the oval shape. This means greater width at the forehead and less width at the jaw line and chin. If you have this shaped face, then the problem of hat fitting is simple. The individual face, however, may vary in several ways. The face may be

1. Narrow and angular
2. More round than oval
3. Square
4. Narrow browed and wide jawed

Then each of these may be broken into 2 classes - long and short.

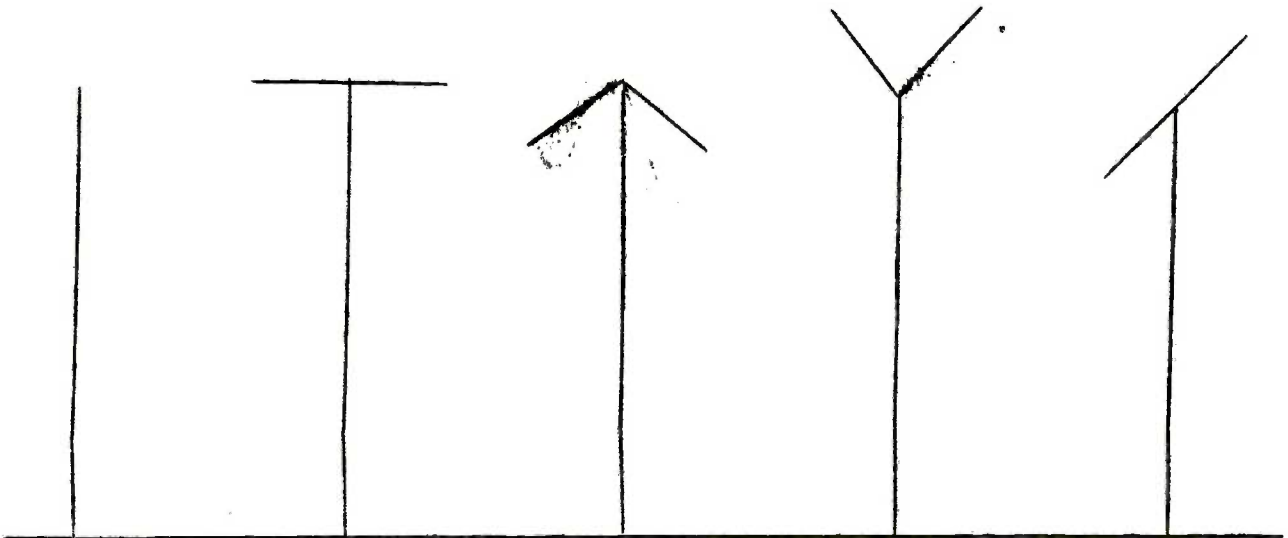
Long Faces

1. Long narrow angular. Shortening can be done by use of horizontal lines in width of brim. Softening of line can be achieved by soft folds in brim or trim. Circular brim needs to be broken.
2. Long rounded face. Curved and angular brims are good as long as they stress width rather than height.
3. Long square face. There is need for softening cheek bone and jaw bone lines. Diagonally tilted brim will help to produce this softer effect. Hair can also help to soften line.
4. Narrow brow, wide jaw. Width has to be concentrated above the under part of the face. Pompadour which is wider than widest part of the face.

Short Faces

1. Short narrow angular. Here we strive for width and height along with softness. Brim just a little under widest part of the face is in order and if possible a diagonal tilt to give height. Berets with high soft curved lines are excellent. Off the face if it is not exaggerated. Brim, of course, should have broken lines.
2. Short curved face, moon face. Difficult to find good design. Wide brims only make the face seem shorter; round brims accentuate the roundness of the face. Diagonal effects will be best. Off face hats and berets are not good. Bonnet silhouettes if brim is angular or square and it fits snugly to head at sides.
3. Short square. This is another problem type. Too much width will make it appear shorter or more square. Brim should be a little wider than the heavy jaw line.

The face is not the only thing to be considered when purchasing a hat. The size of the woman is important too. The hat must be becoming from the side, the back and as you stand. For this reason always view the hat with a side mirror while standing. The following diagram shows what happens when you place different lines on the top of the figure. All lines are the same in height. Which figure appears the longest? The shortest?



When a small turban is worn, the eyes will continue to travel upward beyond the actual length of the figure. The very large hat makes the face seem smaller. A hat with some trimming in the front and a brim are more becoming to those who wear glasses. Drooping lines in the hat emphasize drooping lines of the mouth.

NECKLINE

The neckline, too, frames the face and does much to flatter good features or accentuate bad features. Since the collar is close to a large area of the skin, the color in the collar should harmonize with the skin tones. Often the dress that may be drab can be given a lift by using a collar that accents the colors in the dress.

A collar or neckline that is white gives a feeling of being well-groomed and should always be spotlessly clean and fresh.

The neckline to be of best design should harmonize with the size of the person, the shape of the face, the length of the neck and the width of the shoulders.

The neckline of a garment many times becomes worn, thereby making the garment appear shabby. Replacement of neck finishes can freshen the dress or ensemble. Again the collar should be of as good quality or better quality than the garment. Cheap and gawdy fabrics or trim can make the entire garment appear cheap.

SCARVES

The scarf has become an important accessory as it affords opportunity for great choice of color to accent personal coloring in the costume. It may be tied high around the neckline in soft fabric to make the face appear round. It will cover that neckline that is not an asset. The scarf worn on the inside of neckline of dress may, if a V or U, add length to the face. A scarf worn under a collar may accent the collar line and again draw attention to the face of the wearer.

Points to remember in selecting necklines:

1. Narrow long face should avoid long pointed collar.
2. Round collar is dependent upon broadness. If small, it will look well on round face; otherwise, to be avoided for the round face and worn by thin face.
3. Rolling round collar increases width of face.
4. Persons with angular features should avoid angular necklines such as V's or U's.
5. Repeat good lines in face.
6. Do not contrast poor lines.

Dainty well-done hand finishes such as fagotting or embroidery make expensive looking collar finishes.

When in doubt about your costume's completeness and becomingness, stand before your mirror. What do you see? What do you see first? Do other details add or detract? If they do nothing to enhance the whole, take them off. When planning a dress, avoid too many decorative details. Instead concentrate on the structural line of the garment and perfect fit.

The well dressed and accessorized individual can be said to be so beautifully dressed that you remember none of the details of her dress. The complimentary remark would be, "She looked beautiful", not "Her dress was beautiful."

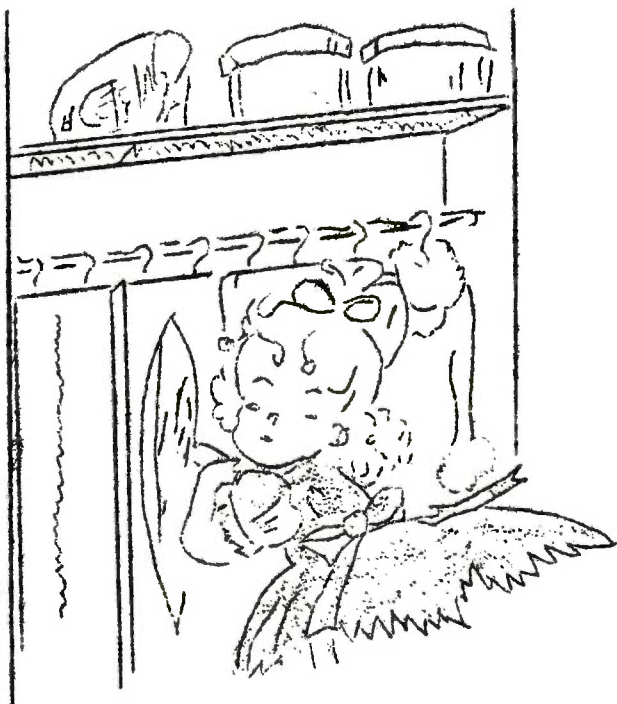
References: Clothes for You - Ryan and Phillips
Clothing for Moderns - Ervin
Clothing - Latzke and Quinlan
Dress Design & Selection - Hopkins

SELECTION OF ACCESSORIES

SCORE CARD

Possible Score	Actual Score
-------------------	-----------------

I. Color	35	
1. Harmony of colors with garment.		
2. Is color "spotty"? (Example: Use of same color for all accessories.)		
3. If bright color is used for brightening up costume, does it appear in more than one place in accessories?		
II. Design.	25	
1. In harmony with garment. (Example: Simple design for tailored garment.)		
2. Suitable to occasion.		
3. Suitable to material.		
III. Texture	20	
1. Relation of texture to garment.		
2. Relation of texture of one accessory to another.		
IV. Relation of Quality and Cost of Accessory to Basic Garment.	20	
1. Well made article.		
2. Quality of accessory should be as high a quality as that of the basic garment.		
Total Score.	100	



ACCESORIES

By
Helen Church
Extension Clothing Specialist

CLOTHING AND TEXTILES (continued)

Clothing Construction

The Silverbell club was particularly interested in starting a special interest group to learn more about some of the basic sewing construction techniques. This mining community is rather isolated from the ordinary activities of schools and churches as there are neither within a radius of 20 miles. Consequently, the women have time to devote to other interests. Because this is a relatively new homemakers club and they wanted some assistance to get started with a special interest group, the agent planned a series of three meetings in which the women would construct a cotton dress.

The general outline for the meetings was:

- Selection of pattern and fabric
- Taking measurements
- Altering patterns
- Laying pattern on fabric
- Cutting and sewing with the grainline
- Stay stitching
- Muslin interfacing
- Bound buttonholes
- Putting on collar and cuffs
- Setting in a sleeve
- Staying skirt and blouse
- Garment hemming

Six women completed their cotton dresses. The women were particularly impressed with the importance of taking accurate measurements and alteration of patterns. None of the women were aware of the necessity to take the full seam allowances indicated on the patterns and then layering the seams to eliminate extra bulk. The two construction techniques which the women will benefit from most will be putting on a convertible collar and putting in a zipper. This series of workshops definitely filled a need for the women in this community.

CLOTHING AND TEXTILES (continued)

Clothing Construction (continued)

The following accomplishments were made by the Homemakers for 1954. A sample copy of their report is attached.

Shirts and blouses	23 women made	75
Pajamas	5 women made	13
Slacks	7 women made	13
Squaw dresses	2 women made	6
Skirts	8 women made	19
Better dresses	29 women made	136
Cotton dresses	21 women made	102
Improved hems	25 women made	125
Tailored garments	8 women made	18

This is not a complete report, as many reports were not turned into the office as requested.

CLOTHING AND TEXTILES (continued)

Sewing Machine Clinics

One sewing machine clinic was conducted by Miss Helen Church and the agent. We met in an air conditioned room which was ideal as the weather outside was over 100 degrees. Ten women representing 4 clubs arrived eager to learn how to clean and adjust their machines. There were four Singer Featherweight portables, two Singers which were about 25 years old (both were in desperate need of being cleaned), one White Rotary about 10 years old and the balance were comparatively new Singers (4-6 years old). Three of the machines were not really in need of cleaning but the women did go ahead and clean them so that they would know how in the future. It was indeed a thrill to see the old machines clean up and work like new ones at the end of the clinic. Most of the machines were completely cleaned and reassembled by noon. The women were of the opinion that their work was practically finished by the time they ate lunch. When they left at 3 o'clock they realized that the adjustment of the machine was the most important phase of the clinic as the machine was of no value to the homemaker if it didn't stitch properly. Some of the women found the adjusting quite wearing on the nerves and were sometimes willing to settle for not so good a stitch unless encouraged to work just a little longer. It was difficult for the women to realize the importance of oiling the machine extremely well after the cleaning process. Several machines would not operate when put back together until more oil was used.

All of the women but one cooperated especially well in following directions, being accurate and trying to locate the difficulties themselves before asking for help. This one homemaker expected Miss Church and the agent to do all of her work. Her attitude was that she came to learn how to clean and adjust her machine by having us do all of her work. Every time anything didn't do just as it should her immediate comment was "Everything always happens to me. I knew my machine wouldn't work after this clinic."

After the machine was reassembled, the motor would not turn over. She caused us all considerable headaches and agitated the rest of the group. Unfortunately we could not get her machine to work at the clinic. We took it to the Singer Shop and found that the motor was very dirty and also there

CLOTHING AND TEXTILES (continued)

Sewing Machine Clinics (continued)

was a short in the cord. Neither of these two troubles were caused by the clinic. The machine has been returned to the owner in excellent working condition.

Two more sewing machine clinics were conducted by the agent and Miss Reitzel, Itinerant Agent, the following month. The first clinic was attended by 4 members of the Mission Maids Club. The four other women who signed up for the meeting did not put in an appearance. One woman in particular was hesitant about cleaning her machine due to her husbands skepticism; however, she still wanted to learn how. She was extremely pleased to take her machine home in excellent working condition.

All four women present were most cooperative and enthusiastic. They are planning to hold a clinic for other members of their club in the near future.

The second clinic was composed of 9 women from 4 home-makers clubs; Sunnyside, House & Buggy, Desert and Sagebrush. We met in the home of Mrs. Elizabeth Thomas which had a large porch and open garage where we worked.

One woman had a very ancient secondhand White Rotary machine that had never been taken apart before and some of the parts could not be removed. This was a difficult problem in itself and added to this was the fact that the owner had no mechanical ability and was not careful in the placement of the parts. To avoid any serious mishap Miss Reitzel spent a great deal of time with this lady. The machine was in good working order when it left the clinic.

Another homemaker was afraid of her machine, especially in the adjusting of the tension. She was able to adjust the machine accurately with assistance from the agent.

These meetings were conducted by following a chart outlining each step of the process. One step at a time was taken. As the parts were taken from the machine, they were lined up and marked so that none of the parts would be lost.

It is felt that all of the sewing machine clinics conducted

CLOTHING AND TEXTILES (continued)

Sewing Machine Clinics (continued)

this summer were quite successful and all of the women have machines that work as well or better than when they came to the clinic. This work puts a great deal of responsibility on the agent due to the fact that we work with expensive pieces of equipment. This year we were successful in not having a mishap.

Mrs. Ruth Templin had this to say about the clinic she attended:

"I attended the sewing machine clinic in June and feel that I can really fix my sewing machine and clean it now. Enjoyed the meeting so much."

A total of 23 women in Pima County cleaned their sewing machines this year.

RECREATION AND COMMUNITY SERVICE

This phase of the program is left up to the individual clubs. All clubs have at least one party during the year. The December program is devoted entirely to recreation and community service. At this time some of the clubs have parties for their husbands while others observe the month with a pot-luck dinner for just members.

At least 7 clubs had a social event during the summer months. Most of these are patio suppers for their families. Typical of these parties was the Sagebrush Club who entertained their husbands.

One of the newest clubs, Belles of the Mission, have been donating magazines and books to the Arizona Children's Home. Three decorated cakes were also given to the Home by members of Ft. Lowell, Belles of the Mission and Silverbelles following the County Achievement Day.

The Silverbelles are working on a community project. The community needs a playground with equipment. They are making slow but steady progress in securing equipment.

For the third year homemaker clubs have donated cookies for the boys at Davis-Monthan Air Force Base. These cookies are given the blood donors after they have given blood to the Red Cross Blood Bank. One club furnishes 600 cookies each month. The clubs sign up to participate at the first of the year.

The Ft. Lowell homemakers sew one day a week at the Tucson Medical Center. A few faithful women enjoy this work. In return for these services, the club is permitted to hold their club meetings at the center.

Ruth Linner
Pima County
Arizona
1954

52

RECREATION AND COMMUNITY SERVICE (continued)

Publicity

All of the homemaker clubs send in news articles to the two local papers each month. The club reporter is responsible for seeing that the articles are written and taken to the papers. The society editors are most generous with space for homemakers clubs.

During the past year the County Publicity Chairman, Mrs. Andres Anderson, has done a noteworthy job of getting excellent publicity for all county events.

The agent will endeavor to see that all training meetings are publicized during the coming year. Also, if time will permit, pertinent seasonal articles should be written by the agent.

The attached clippings are indicative of the type of publicity received by our clubs.

Part of the Publicity for
Pima County Achievement Day
November 19, 1954



Achievement Day Set

"And that Doc Holliday!" Nellie Cashman, the "Angel of Tombstone" (Doris Swarner), recounts some of the town's more exciting moments to Mrs. Isabella Greenway King, outstanding Arizona political personality (Mrs. W. E. Heinrichs). They are two of the women to be portrayed in the "Famous Women of Arizona" pageant to be presented by Sagebrush Homemaker club as their part of Achievement Day. Achievement Day, participated in by all the homemaker clubs in the county, is sponsored by the Pima County Council of Homemakers and is scheduled to begin at 10 o'clock this morning at First Christian church, 740 East Speedway. (Wong-Sutton photo)

Part of the Publicity for
Pima County Achievement Day
November 19, 1954



—Citizen Photo

ALMOST TOO PRETTY TO EAT!

A cake festival was part of Achievement Day activities yesterday for Homemakers clubs in the Tucson area. Mrs. Edward Ellis holds a masterpiece baked by Mrs. Vernon Wilson, as Mrs. Kenneth Appleyard looks on. Mrs. Wilson's cake took top honors in the cakes suitable for November occasions.

Contest Winners Announced

Mmes. Myron Templin, Arthur Sylvester and Rocco Andresano took top sweepstakes prizes in the cake festival held yesterday by the Pima County Council of Homemakers.

The festival was part of its Achievement Day program, held at the First Christian church under the direction of Mrs. Kenneth Appleyard.

CLASSIFICATIONS included cakes suitable for each month, plus Christmas, Birthday and special occasion divisions.

Winners are listed below.

January: Mrs. Pearl Hawkins, Silverbelles.

February: Mrs. Manuel Duran, Government Heights, Mrs. Effreda McTammany, Sunnyside; Mrs. David Hartley, Silverbelles.

MARCH: Mrs. Edward Ellis, Belles of the Mission.

April: Mrs. Rufus Dail, Ft. Lowell; Mrs. A. N. Hawes, Government Heights; Mrs. M. L. Clements, Sunnyside.

May: Mrs. Charles Fravel, House and Buggy.

June: Mrs. Charles Lacy, Stitch and Chatter.

JULY: Mrs. Myron Templin, Cactus Wrens; Mrs. J. C. Van Nort, Desert.

September: Mrs. Jerry Huber, Stitch and Chatter; Mrs. Paul Bennowitz, Belles of the Mission.

November: Mrs. Vernon Wilson, Belles of the Mission; Mrs. Arthur Sylvester, Ft. Lowell; Mrs. G. T. Clements, Sunnyside.

DECEMBER: Mrs. Rocco Andresano, Cactus Wrens; Mrs. Carl Segerstrom, Ft. Lowell.

Christmas: Mrs. William Casto, Ft. Lowell; Mrs. Byron Huebner, Stitch and Chatter; Mrs. C. H. Colvin, Sunnyside.

Birthdays: Mrs. Byron Huebner, Stitch and Chatter; Mrs. O. T. Lawson, Cactus Wrens; Mrs. Bradley Tolson, House and Buggy.

Lawson, Cactus Wrens; Mrs. Bradley Tolson, House and Buggy.

Special Occasion: Mrs. Jack Elliott, Cactus Wrens; Mrs. Kenneth Fornwalt, Sagebrush.

TUCSON DAILY CITIZEN
November 20, 1954

HOME ECONOMICS 4-H CLUB WORK

Leader Training

There were five leader training meetings conducted in the county attended by 42 leaders (there are duplicates in this figure). The judging school was to teach leaders how to set up judging rings in local club meetings. Leaders were given an opportunity to do some actual judging. They had some difficulties in expressing themselves as the girls do for oral and written reasons. The three major fields were included.

Only four leaders put in an appearance at the demonstration school. The program was planned to give assistance in organizing, outlining and presenting a demonstration. All leaders were invited to attend.

In preparation for the new club year a leader training meeting was conducted by Mr. Robert Oberly, asst. county agent, and the agent to help the leaders plan their club program. It was stressed that all clubs should have well-rounded programs which would include; business, projects, demonstrations, judging, talks and recreation. In the past too many clubs have only stressed project work. Assistance was given the leaders in making written program plans for the year. The purpose of the written plan is so that all members will have some part in the program. Project work can be completed and not be rushed for time at the end of the year and leaders will be less confused when they know what is to be accomplished early in the year.

We especially emphasized that all club members should give simple demonstrations and participate in judging of articles made by club members at local club meetings. This will better prepare the members for contest demonstrations and judging and we hope will interest more girls in participating in these county contests. However, the main objective is to help the club members develop into well rounded individuals which will make them better citizens of this county, state and country.

Mrs. Elsie Morris helped foods leaders at two training meetings this fall. For the first four projects, the leaders learned to judge the products which taught them basic standards. At the advanced meeting, the leaders worked on their own special

HOME ECONOMICS 4-H CLUB WORK (continued)

Leader Training (continued)

cooking problems involving various kinds of cakes and pastries. Poultry Cookery was also discussed.

The Assistant County Agent conducted an officers training meeting and a junior leadership meeting for combined home economics and agriculture club members.

County 4-H Fair

Helping with the publicity of the county 4-H Fair a total of 17 girls appeared on 3 television shows.

A summary of the 4-H Fair shows that 179 exhibits were entered in food preparation and 17 were entered in food preservation. There were 165 clothing exhibits and 21 home furnishing exhibits.

Other activities of the Fair consisted of one home furnishings demonstration, 10 clothing demonstrations, 8 food preparation demonstrations, 1 dairy foods demonstration and 1 food preservation demonstration. Twenty-four girls participated in the dress revue and 15 girls modeled their aprons and carried their stuffed toy.

State Roundup

Assistance was given to all girls who were to represent Pima County at Roundup in judging and demonstration contests and dress revue.

Pima County summary of Roundup results:

Judging Contest

Junior Foods Team	- Blue ribbon. One member received 3rd high honors for individual score
Junior Clothing Team	- Blue ribbon
Senior Clothing Team	- Blue ribbon. One member received the medal for high individual honors.

HOME ECONOMICS 4-H CLUB WORK (continued)

State Roundup (continued)

Home Furnishings Team - Blue ribbon. The medal was won
and 2nd place taken on in-
dividual score.

Dress Revue

Dress outfit - Blue ribbon

Demonstrations

Individual Junior Foods- Blue ribbon and medal
Team Junior Foods - Blue ribbon and medal

4-H Camp

Twenty girls attended the 4-H Camp from Pima County.

Enrollments

Three new clubs were organized during the year. The Sahuarita 4-H Club enrolled 32 members with only 1 completion. Factors such as distance, joiners, illness and flood all contributed to this clubs failure. This was a summer club. The leaders deserve much credit for their efforts. An attempt is being made or reorganize the club with 6 or 8 honestly interested members.

A group of ten LDS girls comprised a first year sewing club. They began their work after the final enrollment date so they will be on the fall enrollment.

A first year foods club was organized in the Ft. Lowell area by Mrs. Graham Edwards (an outstanding homemaker). The approximate enrollment this fall is ten girls.

This county would favor a change in the enrollment date set up as it gives club members and leaders a feeling of having two clubs in one year.

Achievement Days

Ten local achievement days were held with 184 members,

HOME ECONOMICS 4-H CLUB WORK (continued)

Achievement Days (continued)

parents and friends attending. Three clubs held both winter and summer achievement days. In 1955 all clubs will hold one local achievement day for the entire years work.

Plans are being made for a county-wide achievement day in addition to the local ones. At this county meeting all 4-H pins and awards for the year will be made.

Pima County Fair

4-H girls had 237 entries in foods and 169 in clothing in the 4-H division of the 1954 Pima County Fair.

State Awards

Anita Hand was one of the four recipients of a Santa Fe Achievement trip to National 4-H Club Congress in 1954. She has been an outstanding 4-H Club member not only in her project work but in all 4-H activities. She actively participates in school and other community activities. Our county is justly proud of her accomplishments.

Connie Hertzog, an outstanding 4-H Club member during 1954, was the state senior winner of the "Make It Yourself With Wool Contest".this fall.

Outlook

More 4-H leader training meetings should be held to train leaders adequately. During the month of January, the agent will attempt to give clothing leaders individual training. An assistant agent in Pima County would greatly benefit the 4-H Club program as more time could be devoted to the projects.

A brief statistical summary:

No. of home economics 4-H Clubs	11
No. of volunteer leaders	17
No. of girls enrolled	213

Arjorie Bettie Mead
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ORGANIZATION AND PLANNING

The agent, being new in Arizona, was helped with general Extension organization from time to time by Miss Jean Stewart. While working in the county office, the agent met with Mrs. Peg Anderson and Mrs. Juanita Sellers and gave them the necessary materials to organize a new Homemakers Club in Mission Manor. At the same time this club organized, the agent observed the Pima County Homemakers Council meeting. Plans for the county Homemakers luncheon and program were made. The Pima County Homemaker Achievement Day was in charge of Mrs. K. Y. Appleyard, President of the Council. There were 127 club women and at least 15 guests present. Exhibits were set up from 10:00 to 11:00 a.m. and the cakes were judged, decoration only, from 11:00 a.m. to 12:00 noon. Winners names were typed and at the newspaper at 1:00 p.m. During noon hour sack lunches were eaten with the hostess clubs, Stitch & Chatter and Silverbelles, serving coffee and cookies. In the afternoon, Mrs. Elsie Morris awarded prizes to the cake winners. Miss Grace Ryan presented the certificates of achievement. A pageant called the "Pioneer Women of Arizona" was presented by the Sagebrush Homemakers. They portrayed Senora Carrillo, Nellie Cashman, Pauline Cushman, Marn Post, Sharlot Hall, Pearl Hart, Isabella Greenway King, The Seven Sisters and Nampeyo.

FOOD SELECTION AND PREPARATION

A leaders training school on Poultry Cookery was given by the agent. Mrs. Linner and Mrs. Morris had previously planned the meeting. Plans included Mrs. Linner to open the meeting, to help the women with charcoal broiling and to close the meeting with a discussion of how the women will present the poultry lesson to their clubs. Under roasting, tiney turkeys were roasted three ways. These included the recommended way of low, dry heat (325° F.) with no moisture added; the seared method and an aluminum foil method. Braising was explained. Chicken was broiled over charcoal. Chicken was fried in a skillet without the lid and also in the deep fat fryer. The preparation of poultry was demonstrated. The agent discussed the buying of poultry including labels, U.S. inspection and grading. Braising poultry was explained. Market trends in poultry and storing poultry were discussed. Each of the thirty leaders attending had a job. The table was beautiful with the palm date boats, fruits, vegetables and pyracantha berries as a centerpiece. The turkeys had truffles and the best turkey was garnished with prunes stuffed with cream cheese on spiced peach halves. Basic bread stuffing and cornbread stuffing were served. Also there were cranberry orange mold and avacado, grapefruit and pomegrante seed salads. There was one hot roll apiece and coffee.

The agent observed a demonstration by the two food leaders from Ajo who attended the leader training school on Poultry cookery. Since this was the club's first meeting, the food leaders tried very hard to do things right. They roasted a turkey, fried chicken in the deep fat fryer and broiled chicken over charcoal. Although they did do nine things (November monthly report) exactly as it had been done in the leader training meeting, the roasting was started in a turkey roaster. They thought it was the same as an oven. After seeing that the turkey was steaming, they did transfer it to an oven. They did have the buttered cheesecloth over the turkey even though it was in the roaster. It was mentioned at the leader training meeting that the electric roaster was moist heat but so much was covered, these particular women didn't remember. These women stressed the fact that it should be done as it was at the leader training meeting because they said that the turkey served there was the best turkey.

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RECREATION AND COMMUNITY LIFE

A meeting of the Tucson Community Council had as guest speaker Mr. Roger Morris, Asst. Supervisor of the Coronado National Forest. A film "Forest Manners" was shown. A teen age drop in center was discussed. The agent also attended the Medical Forum at which Dr. Dixon spoke on posture in his "Position is Everything in Life" address. At the Dietetics Association meeting the agent learned about the mass feeding program the Wilcox women undertook in planning to survive under a disaster. At one Home Economics meeting the agent observed Mrs. Linner give a demonstration on room accessories. At another Home Economics meeting the agent observed a method demonstration on Christmas decorations given by Mrs. Jensen.

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4-H CLUB WORK

Mrs. Ellen Kightlinger, Mrs. Ruth Linner and Mr. Robert Oberly planned the Pima County 4-H program for 1955 with the agent observing. Mrs. Elsie Morris gave a leaders training meeting at which the agent learned more about judging first and second year food products. Another leaders training meeting was given by Mrs. Morris with the agent explaining the part on poultry. Leaders and junior leaders were helped with advanced food projects with each person working on her particular need. The agent also attended a 4-H officer training meeting with Mr. Oberly in charge. The agent helped with the secretaries while Mr. Oberly helped with the presidents and Mr. Robert Hutchinson of the Extension Information staff helped other officers. The agent also observed a Junior Leadership meeting and a Council meeting. Another excellent experience was assisting Mrs. Morris in judging at the Pima County Fair.